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# TIMES JOURNAL

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ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, JULY 21, 1982

★ NO. 56

ME 3 ★

electronic kids



— Times Journal photo by Chris Gilbert

Thaaron Resetz, age 7, is the youngest student in Linda Neilson's summer computer class in Albany. Story, photo, page 4.

## Another try for revenue bonds?

Businesses say  
they will help pay

By STEPHEN BUEL  
ALBANY — A group of local business people, under the organization of the Chamber of Commerce, have agreed to pay part of the cost to put municipal revenue bonds back on the ballot in November.

The City Council will hold a public hearing tonight, July 21, on the bonds and other items which are expected to be on next November's proposed civil service charter amendment and a tax increase at the Gate Fields. Currently, a bond issue must be

approved by a two-thirds margin of Albany's voters. Passage of the proposed ballot measure would enable the City Council to grant by ordinance, low interest loans to business ventures in Albany.

Administrative Officer William Haden said the interest rates which would be available through a bond issue would be about 25 percent lower than through a commercial loan.

Voters rejected a similar measure, ballot measure B, by almost a 2 to 1 margin.

(Continued on Page 2)

## Schools pile more on the scrap heap

By BARBARA ERICKSON

The Richmond Unified school board has skinned another \$480,000 off the top of an already shrunken budget, cutting 13 teaching positions but leaving \$125,000 for sports and fine arts.

The board July 14 unanimously approved a series of cuts recommended by the administration that ranged from funds for conferences and in-service training to math and science supplies and the teaching positions.

The teaching positions — six at the secondary level, six at elementary and one driver training — will not require layoffs. School officials said the positions could be eliminated because they were added to meet enrollment increases in high growth areas.

Among the cuts was one elemen-

(Continued on Page 4)

## Domestic violence

### 20,000 Contra Costa women will be abused this year

By JAN FRAZIER

It started with "little slaps. Over the house not being cleaned. Or over financial problems."

Within a year, the slaps had escalated to pushes, shoves and punches.

A broken nose and a black eye were the result two years ago of a fight "over nothing. It was just over nothing," remembers Nancy, who asked not to be identified by her real name.

The fights could happen anytime — before her husband went to work, after he came home from work or even while he was working.

"He'd call me up from work sometimes saying he was going to kill me. If something happened at work that he didn't like or someone said something he didn't like, he'd take it out on me."

Born in Richmond and now living in San Pablo, Nancy is one of an estimated 20,000 women in Contra Costa County who will be victims of wife abuse this year.

And though no one knows how many women nationally are battered by their husbands or boyfriends, by all estimates the count runs into the millions.

And California is no oasis from the problem, says Deane Calhoun, executive director of Battered Women's Alternatives, the only agency in the county to provide counseling and shelter to abused women.

Last year, Battered Women's Alternatives helped more than 5,000 women and children by providing shelter, legal work on counseling.

"Women," Calhoun said, "are safer in the streets than they are in their own homes. A woman is ten times more likely to be attacked by the man she lives with than by a

stranger in the street."

Further, 30 percent of all homicides in San Francisco during 1981 were the result of domestic violence. In California, about one-third of all women murdered each year are killed by their husbands.

Though Battered Women's Alternatives is headquartered in Lafayette, calls come in on the hotline from all over the county, Calhoun said.

About 35 percent of the center's 2,356 calls last year came in from the West County area, from Richmond north to Crockett. About half those calls come from Richmond, according to the agency's statistics.

The agency's 12-bed shelter pro-



Illustration courtesy of the State Bar of California

vided safe refuge last year for 104 women and 168 children, their statistics show.

The shelter, whose location is a closely-guarded secret, is intended as a relatively long-term haven for women with children. Women can stay up to six weeks, but the minimum stay is three days.

Nancy stayed there with her 18-month-old son and 14-month-old daughter for three weeks.

Her flight to the shelter, however, came only after living with her husband's violence for more than four years.

The story she tells is one of moving back and forth between her parents' house in Richmond and the apartment she and her husband shared in San Pablo.

At first, she would go to her parents' for a day or two after having been slapped or beaten. Later on in the marriage, the days stretched into weeks and months.

But always, she says, "I would go back."

"He'd call my parents' house and say how sorry he was. And how he wouldn't hit me again."

Throughout, "my family has been very supportive. But they were really worried, though I didn't tell them for a long time how serious it was."

"They figured it out when I wouldn't come to visit, but would just call them on the telephone."

That was what she did when her nose was broken and her eye blackened.

Earlier, Nancy had given up her part-time job since "I couldn't take the pressure." Her husband accused her of going with other men, "and hassled me about the job."

Now, she has learned to view his reaction as typical. Most men who

(Continued on Page 2)

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# 'Women are safer in the streets than at home'

(Continued from Page 1)

batteries are threatened by any sign of independence on the part of their wives.

"That's what the shelter did for me — there were other women there who had the same problem. A lot of women there had it worse than me. They had moved to California and didn't have any friends or family, or else they didn't want to tell their family."

"But there was always someone there to talk to and talk about the problem with."

Her husband had always been possessive, from the first date they had. She was 18 and about to graduate from high school; he was 22 and working at odd jobs.

"What really impressed me when I met him was he was nice and he was very considerate. But he was also

possessive — he didn't want me to look at anyone or be with anyone else. Back then, I was very flattened."

More than four years later, the situation became too much and she decided it was time to leave. By then, she had two children and feared for their safety as well, though her husband had never threatened their wives do.

"But I figured if he hit on me, then the children would come next."

Her decision made, she called the county's hotline and left her name and number. A volunteer at the shelter called her back. The two arranged to meet at a neutral spot where Nancy could be picked up and taken to the shelter.

Most importantly, this time she didn't tell her husband she was leaving.

"I'd always threaten to leave and tell him I was going. But this time I didn't."

She did tell her parents, but even they weren't told the shelter's location.

Even while they were living together, Nancy's husband did not forbid her to see or speak to her family, as many men who batter their wives do.

"Often, isolation is a key part of the problem," says Calhoun of Battered Women's Alternatives. "He's often isolated and he isolates her so she doesn't have access to her friends or her family. We have had cases where it's even gotten to the point where the husband takes the phone out."

Nancy's case did hold true to form, however, with respect to money.

Her husband would hand over to

her the paychecks from his two jobs at a local hospital.

"But he wanted to know every single thing with the money even if I used it to buy a candy bar," Nancy says. "So if anything would go wrong, he could blame it on me."

Holding two jobs is also typical for a man who batters his wife. Many are extremely hard workers.

Wife abuse "cuts across all economic lines and professions," says Calhoun. Doctors on hospital staffs beat their wives, as do lawyers and garage mechanics.

At a recent support group run by the agency for men who beat their wives were an engineer, lawyer, basketball player, fireman and a man in the insurance business.

Impressions, however, can be misleading, warns Calhoun, since the more educated and more professional

a man is, the more likely he is to accept help.

Still, few of the men in the support group come voluntarily. Most come when their wives insist, or are sent by the court in lieu of jail.

Both factors convinced Nancy's husband to get help.

In court for a hearing on a restraining order, he saw a lot of people going to jail.

"That put the fear into him," Nancy says. "He saw I wasn't playing and he saw the law wasn't playing."

The court ordered him to see a psychologist, which about two months ago he began doing.

In addition, "we talked it over. And I told him the only way we could get back together was if he would continue to see the psychologist and go to a support group."

Nancy's husband is now attending one of the support groups for men

run by the Battered Women's Alternatives. The group started in July 1981, 73 members.

Her husband, a psychologist, moved back from the Bay Area to the Bay Area.

Though she is not sure what will happen, she will stay in the future only if things one step at a time.

"That's what he really wants to do," she says. "He says he will straighten out and we'll see. One step at a time."

"But now we're in a lense, where he says he will straighten out and we'll see. One step at a time."

Illustration courtesy of the San Francisco Battered Women's Alternatives.

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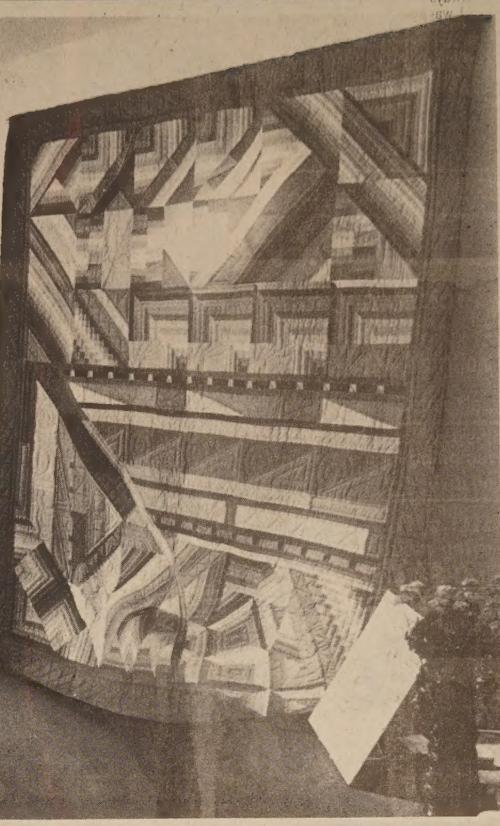
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## arts



Linda MacDonald's quilts "New Years Eve" and "The Pink Scene" are on display at Patience Corners in Berkeley.

—Times Journal photo by Chris Gilbert

The artist is shown in photo at lower left

## Her quilts are 'soft paintings,' far from Granny's comforters

**Statements never seen in quilt form before**

By PENELOPE KRAMER

Her commercial artist Linda MacDonald moved "back to the land" outside Willits in Mendocino County in the 1970s. She joined a women's group to combat the isolation of country life.

Don't know it would lead her to a new art

women decided that they should work instead of "just talking," MacDonald

wasn't really excited," she said, "but I

"OK, we're in the country, we should

do a quilt."

MacDonald, 36, was born in Berkeley and in El Cerrito. She said that because her

was from Indiana, she had grown up with

"but they had never really excited me

in women's group. That just opened up

a new field."

MacDonald's quilts have been shown in Northern California. She has won awards, including two first prizes in the

quilt show, and her work will be seen in

"The Quilter's Art."

Her quilts are on display at Patience

Corners, the Solano Avenue business

recently moved to 1600 Shattuck Ave. in

Berkeley.

Though they were born of a country quilting

MacDonald's creations don't look any

like the calico comforters in Granny's

use the "medium" of quiltmaking to

modern art — abstract, geometrical pic-

tures like those she used to paint.

"I think of them as soft paintings," MacDonald said. "I can make these statements that have never been seen in quilt form before."

In her 1982 quilt "New Years Eve," fluorescent pink, purple, black and white squares, triangles and circles are set at an angle, (but not on the diagonal) of the quilt, so they look like they are sliding downhill, the movement adding to the excitement created by the electric colors.

MacDonald said that she tried to create a "new environment" in her quilts, and one observer said "New Years Eve" created the feeling of moving through a science fiction movie.

"I want to elicit different emotions in people," MacDonald said. "I want people to look and be excited, and think 'Oh, that's great!' or 'Oh! That's terrible!'"

She said was "creating another world," and she hoped viewers would "get beyond that picture plane that is on the wall, and go into that landscape."

MacDonald said the different thicknesses of the quilting, which she does by hand, helped her create a third dimension.

"I really enjoy the quilting," she said. "It's a whole other layer which is working within the geometric statement. You don't have to just relate to the boundaries of that shape — the images look as if they're going on behind."

MacDonald, who has a B.A. in painting from San Francisco State University, originally moved to Mendocino County with her husband in 1971. She painted her pictures and earned

money on the side as a graphic artist. She did everything from lay out the Willits News and Laytonville Ledger newspapers to make drawings of different kinds of chain, and suspenders for a logging catalogue.

In 1980, after the birth of her second child (her daughter is now eight, her son, two), MacDonald "decided I couldn't do everything."

"I decided not to do commercial art, and to put all my art energy into quiltmaking," she said. "It was a success and what I really enjoy doing."

Since then, she has concentrated on more abstract, artistic quilts.

MacDonald said her husband, who is an art teacher, is supporting the family while her new quilts become known. She is also selling "infant stimulation quilts" which combine black and white stripes and bright colors to keep babies' attention.

Asked what effect quilts achieve that paintings do not, MacDonald said, "In one sense, they have a whole different audience. People feel closer to quilts because it's fabric."

"The same environmental statement could be made in a painting," she said, but it couldn't be as big, because paintings can't be folded, and can't be stored and moved as easily as quilts.

The quilts can be used either as wall hangings or on beds, she said. "They're very usable."

For information about the exhibition or the quilts, call 845-2293.

### See etchings at local hall

The landscape etchings of Kensington artist Elizabeth Kavalier will be on display at UC-Berkeley's Lawrence Hall of Science through Sept. 15.

Kavalier has used the intaglio process of etching and aquatint to capture the landscapes of Europe and North America in color prints. For more information call the Lawrence Hall of Science at 642-5132.

The hall is open daily from 10 a.m. to 4:30 p.m. and Thursday evenings until 9 p.m. Admission is \$2.50 for adults, \$1.50 for students and senior citizens, \$1 for young people 7-18, and free for children 6 and under and LHS members.

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## Tiny tots offered summer gymnastics

ALBANY — The Albany Park and Recreation Department has openings in its gymnastic classes.

Activities include the basic movements of jumping, balancing, tumbling, trampoline work, gymnastic routines and coordination.

Classes will be held Monday through Friday at the Albany Community Center, 1123 - 8th St., July 19 - Aug. 27.

Class fees: \$15 for babygym and kindergym; \$17 for minigym.

Signups will be taken at the community center on Wednesday, July 14 from 9 to 10:30 a.m.

Non-residents sign up from 10:30 a.m. to noon. Registrations will be taken at the Park and Recreation Dept., 1000 San Pablo Ave., after registration day. Call 644-8514 for further information.

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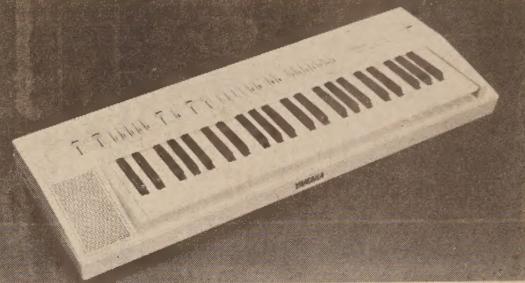
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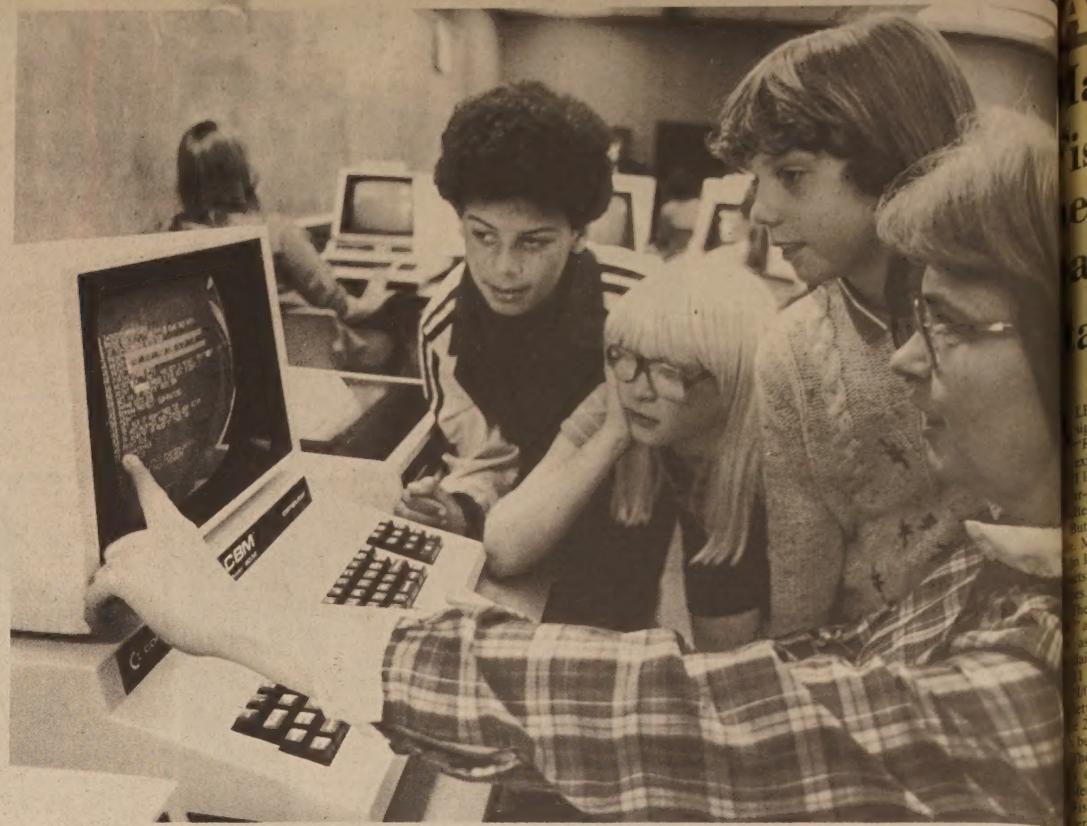
**Dr. Joan Hangarter, D.C., M.S.**  
HOLISTIC CHIROPRACTOR

## Learning the BASICS of computers

Linda Nielsen (right) teaches young students in BASIC, the computer language. With her (from left) are Ryan Lewis, Sierra Ansley and Kim Wells. Nielsen's class is offered jointly by the Albany Unified School District and the Albany YMCA. The second session began Monday and runs through Aug. 5.

Nielsen, the librarian for the Albany Middle School, where the classes are taught, is also a trained computer programming instructor. Besides their introduction to BASIC, the children are learning simple instructions for the computer and how to write their own programs. For more information, call 525-1130.

Times Journal photo by Chris Gilbert



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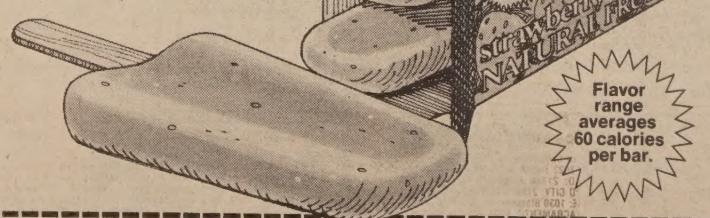
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## RUSD schools mull for 'full athletics,' and The fight to save sports

By BARBARA ERICKSON

Parents, Athletes and Coaches, a group fighting to keep sports in the schools, is asking the Richmond Unified School Board to approve a \$35 participation fee for all types of athletics in the high schools next year.

PAC member Sue Rosenthal of El Cerrito told the board Wednesday night, "We see no other way but to ask students to pay an athletics fee." A charge of \$35 per sport for each athlete would yield about \$42,000, she said, bringing the budget for athletics and fine arts to \$167,000.

This sum, she said, "is getting us close enough" so that the high schools, with strict attention to economy, could support a full athletics program.

The fee, she said, has the support of coaches and students and would be the fairest way to spread the cost between athletes.

PAC member Ken Riep said the group prefers to call the system Pay for Participation so students will not

get the idea that they can get on a team by paying the fee.

"It should be paid when he makes the team," he said. "not when he goes out for the team."

He added that PAC is working on a program to provide scholarships for students who can't afford the \$35 fee.

Dolly Felix, Kennedy High coach, said the board should let the students know now that the fees will be in effect so they can start saving their money.

But board members said they lacked the information to decide this week. They asked the administration to come back with a proposal for action on Aug. 4. It will include fine arts as well as sports.

Before the PAC report Deputy Superintendent Sam Teese told the board that the sports and fine arts program cost the district \$191,000 last year.

The most expensive sport was football, which cost \$35,475 in extra duty pay alone. Extra pay for other

sports ranged from \$12,000 to \$12,000 for track.

Other athletes, transportation, office and examinations, arts — drama, dance, instrumental music, came to \$19,656.

If the district had to cut, country, gymnastics, tennis, swimming, weight lifting, golf and badminton would have cost \$35,000.

Ms. Rosenthal was recommending that the district keep these sports in the high school year. She also said she wanted a lower cost for 1982-83, \$176,000.

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## Arts

# Margaret Fisher debuts new show, packs bags for Italy, Japan

By ROBERTA ALEXANDER

ALBANY — Last year choreographer and visual designer Margaret Fisher videotaped a production of "Rapunzel," an event she describes as "one of the experiences of my life."

"I love production and I love being a director," the Arnold Albany resident said. "If I could do one fairy after another, I'd be happy."

But Fisher isn't destined to direct fairy tales for a while. Most of the next two years will be spent abroad, in Italy and then in Japan, working on collaborative projects with her husband, composer-conductor Robert Fisher.

These days, when she isn't packing, she is working on a new production currently at Berkeley Stage Company as part of its Theater Festival of New Music. "I/O" (I/O) will be shown on Mondays at 8:30 p.m., through July 25, at 1 Addison St. (548-4728).

"I/O" is a microcosm of a ritualized society," according to Fisher. Each of 23 performers has a set of instructions, and each behavior affects the others.

The title has no fixed meaning, she said. It refers to a set of complementary opposites: rectangular-oval, female, as well as being a computer language.

Fisher did the choreography for the nine male performers. (There are also nine stationery female singers, whose heads — in whiteface — appear out of 60 yards of fabric.)

"I'd never worked with nine men before, and I'm very pleased with the group I have," Fisher said. "I've been giving them a system for building gestures."

She said that during the performance the men move in a direction along pathways ("it's pedestrian movement, no leaping. The vocabulary is not from jazz or ballet or modern dance," she said), moving parts of their upper bodies.

"It's a gestural dance," she explained, demonstrating



Margaret Fisher: "a well-beaten path from hardware store to bank to post office"

a brief turn of the head to the right and a stylized bending of the wrists.

The performers will not be doing the same gestures in unison. The piece is very complicated, she said.

Fisher said that she usually works on the visual design of a piece before doing the choreography.

"I have a well-beaten path from the hardware store to the bank and the post-office," she said, admitting to a certain fear of working abroad without her tool kit.

Using a drill and a saw, Fisher builds some of the sets herself: "I spend a lot more hours on research and development than I do dancing up a storm," she said. "The set design determines the human dimension."

For example, if the set is three-quarter (human) size,

Fisher won't have the dancers performing a lot of vertical actions.

"After I have the basic idea, there is continual interaction. I shuffle the people around, and that may suggest additions to the set," she said.

Her style of gestural dance, Fisher explained, is related to the classical Indian dance style Bharatanatyam. The daughter of a painter, Fisher is indeed a long way from the days when she was a student of criminology and city planning at UC-Berkeley.

Now she teaches yoga as well as dance, and works part-time as the music librarian for the Oakland Symphony Youth Orchestra.

Fisher spent several months in Italy last year on a Fulbright-Hays research grant. Now Hughes is going to Italy on his own Fulbright, and she is accompanying him.

"I'm going as his dependent, but I have a lot of work to do there," Fisher said with a smile.

The couple will be working on four collaborative pieces, and Fisher is also preparing for a performance of her dance troupe next spring in Lake Placid, New York.

By next summer they will be in Japan, on an NEA exchange fellowship.

"I'm particularly interested in observing Japanese performing arts, Japanese sign language — it's one of the countries where signing is most advanced — and the media," Fisher said.

Fisher hopes to study the Japanese language before she goes, but she is pleased to note that her fellowship provides a professional interpreter for all performances that she attends.

She said that she spent six years trying to get this kind of grant.

"At first when I was rejected I had tremendous resentment," she recalled. "Then I became less defensive about my earlier work. Now I feel the most important thing is paying more attention to my work."

She credits her painter-mother with encouraging her to develop stringent standards. "She used to say, 'the cream will rise to the top.' I consider myself an artist and for my own growth I need to attend first to my artwork."

## Library programs planned for summer entertainment

ALBANY — The Albany Library plans a variety of summer programs for all ages, including a summer reading program, Readers of the Lost Parchment, an evening pajama party for preschoolers and a series of music and storytelling concerts for the whole family.

A flyer listing the activities is available at the library.

The reading game gives children an opportunity to recognize and adventure as they read through the summer. Players read books and follow the adventure in the Readers of the Lost Parchment booklet available at the library.

The game may be played on any open day during the summer, but those who finish it by July 31 will win a ticket to the Sept. 12 Oakland A's baseball game against Chicago.

All winners will also have their names posted in the library and will be feted at an awards ceremony on Aug. 12.

Also available every day during the summer is a story hour for school-age children. A mini-story hour, a story a day will be offered every afternoon except Wednesday at 1 p.m. Library staff will read or tell one story selected for all ages.

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# Business

## Is adventure your game? Then call Mountain Travel

**Albany firm leads nation in wilderness travel business**

By KEITH EASTHOUSE

**A**LBANY — Interested in a trek through the Himalayas to the base of Mount Everest? How about an expedition by camel through the Sahara Desert or a cross-country ski tour on the snow fields of Norway?

Perhaps you would prefer to kayak the white waters of Alaska's 400-mile-long Noatak River? Explore Inca ruins high in the Andes?

If any of these sound appealing and you have a few thousand dollars to spare, you ought to pay a visit to Mountain Travel, located at 1398 Solano Ave. in Albany. Its wood-paneled rooms, replete with Tibetan prayer flags

and a private collection of 6,000 rare and out-of-print mountaineering books, house the nation's largest wilderness-adventure organization.

In 1980, Mountain Travel was the first organization in this country to offer treks to the remote mountains of China and Mongolia. This year they're offering a total of 200 trips that go to every continent but Antarctica. About 30 of these will visit the Himalayas in Nepal, 20 will venture to the Andes in Peru and 12 will journey to Alaska. Other activities offered include safaris in the jungles of India and Africa and snorkeling at the Great Barrier Reef off the eastern seaboard of Australia. If you want, you can even jeep to Timbuktu.

Forty-eight year-old Leo Le Bon, a native of Belgium, is the person responsible for making such exotic trips available to the general public. He founded Mountain Travel in 1967 along with three others. Today he is co-



owner and president of an organization which leads the nation in offering wilderness adventures, a form of travel that has grown increasingly popular in the last decade.

"When we started, we offered six trips to Nepal for about 40 or 50 people," Le Bon said. "Now about 2,000 people go along each year — our catalog of trips for 1982 is over 70 pages long."

Speaking from an office decorated with photographs of brown, weathered Tibetan faces and jagged, snowy Himalayan peaks, Le Bon explained the rapid growth of his company as a result of the ecology movement of the late '60s and '70s.

**"We usually get middle-aged couples who have the money to spare and who can afford to take off for three or four weeks. But we've had all kinds, ranging from a dishwasher to a physics professor."**

"Fifteen years ago no one had heard of the word ecology. Today everyone knows what the word means. The ecology movement grew out of an evolution in human consciousness."

That evolution had yet to take place when Le Bon first came up with the idea of offering a travel-adventure to the public.

"I was working for one of the world's largest travel agencies — Thomas Cook — when I realized that all people were doing when they arranged a trip with us was city collecting," Le Bon said. "So in the '60 I came up with the idea of a tour of the Alps in Switzerland. They thought I was crazy. They didn't think anyone would want to spend all their time in one country."

So Le Bon decided to open up his own travel organization.

"We wanted to provide people with an alternative to the typical whirlwind tours," he said. "We were a catalyst in defining what a trip can be. It's not simply a question of where to go, but how to go."

The most common method is the trek, extended off-the-road walking. Putting together a three-week trek for 10 to 15 travelers that takes place on the other side of the world obviously requires a great deal of planning. In addition to pack animals and porters, Mountain Travel provides guides, food and a doctor.

"We have connections throughout the world," said Pam Shandrick, the firm's advertising manager. "We have about 50 trip leaders, who are all very knowledgeable about the areas they guide people through. And as far as food goes, we usually obtain it right where the trip is going to be. For example, in Nepal, at elevations up to 16,000 feet, there are plenty of villages from which we buy such things as chicken, potatoes and goat meat."

On such treks, Shandrick said travlers are reasonably free to leave the group and hike on their own. "We want people to be able to do what they want to do," she said. "We want people to be able to go at their own speed. If they want to take a side path to see a nice view or something, they will be given a guide to lead them. They can then return to the group farther up ahead on the trail."

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We try to make it as flexible as possible.

According to Shandrick, people need to be in good physical condition for these journeys. Recommended that a fairly vigorous exercise be undertaken for the high-altitude treks. For climbing trips however, knowledge of climbing with rope, ice axe and crampons is essential. Difficult climbs — the highest peak scales 23,000 feet — a detailed resume of a person's experience and references from a climbing guide.

One thing people definitely need is money. The range in price from \$600 for an eight-day trip in the Washington Cascades to \$6,000 for a 21-day trek.

"We usually get middle-aged couples who have the money to spare and who can afford to take off for three or four weeks," Shandrick said. "But we've had all kinds, ranging from a dishwasher to a physics professor."

According to Shandrick, one of the about the Himalayan treks is the culture. "Throughout the Himalayan villages up as high as 16,000 feet," she said, "there are many kinds of Buddhist shrines and the people are very hospitable."

On one trek Shandrick encountered a kind of pope figure for Tibetan Buddhists. He had been traveling through this sparsely populated valley like Wyoming when suddenly we saw a valley in which were thousands of people in their finery. We couldn't imagine what we saw. Soon learned that the Dalai Lama was staying up taking a jeep ride with him back to Kathmandu. The ride lasted two days and all along the road that had spread incense along the great glimpse of this one jeep."

## East Bay Depot extends its hours

New foundation grants will enable the Depot at 1027 - 60th St., Oakland, to extend hours this summer.

The Depot is now open Tuesdays and Thursdays from 10 a.m. to 3 p.m., and Wednesdays 10 a.m. to 6 p.m.

The Depot collects discarded materials and distributes them to day care centers, businesses and organizations throughout Alameda and Contra Costa counties.

Since 1980, over 1200 groups and organizations have obtained low-cost program materials, equipment and furniture through this service.

A challenge grant from the Koret Foundation has been matched by funds from David and Lucile Packard Foundation, Kaiser Aluminum and Chemstrand, Clorox, East Bay Community Foundation and U.S.A.

For more information about the Depot, call 547-6470.

## Home safety book offered

The "Home Safety Handbook," available free from Assemblyman Tom Bates, gives important information on protecting the home's interior and exterior from burglars.

Identifying personal property, neighborhood watch programs, and types of locks for windows and doors are covered in the booklet.

To receive a free copy of the handbook, contact the office at 1923 Grand Ave., Oakland, phone 464-0784.

For more information about the Depot, call 547-6470.

# Around city hall

## A new council member: revelations and paradoxes

BY HENRY KRUSE  
City Council Member

ALBANY — While you campaign for election, most people ignore you, many people don't think much of you, and a few people think you're the hope of the world. After the election and the congratulations are over, you quickly and quietly become "One of them."

That means you are part of government, and most people attribute all their sorrows and sufferings to government.

The popular distrust of elected officials and government employees on all levels dismisses and frightens me. I find it unwarranted. Since World War II, only one president, Eisenhower, has been able to complete two terms in office. The attitude was aggravated intolerably by the events which we refer to as Watergate.

Soon after my election, I had the good fortune to attend a seminar for new City Council members and mayors sponsored by the League of California Cities. Some day I shall write an article on that excellent organization. I found in that group a higher percentage of intelligence, ability, and devotion to public service than I

find in most groups I encounter. The experience helped me to believe we really do rather well in selecting our public officials.

It was at this seminar that I came fully to realize the extent and profundity of a phenomenon which all of us know to exist. Members of the city council are elected to run the city, not as we see fit, not as the inhabitants want it done, but as mandated by federal, state and county bureaucrats. In fact, the group that is fighting hardest and most effectively to maintain and regain local control over local matters consists of members of city councils. We are hog-tied by their rules and regulations and dependent upon them for money. We are like the businessmen whose every decision is governed primarily by tax consequences.

Another paradox is the ego-pleasure of being recognized and of having our city recognized. At League of California Cities meetings, I am frequently met with, "Albany? That's where you elect you chief of police. Far out!" About a month ago, I met a casual acquaintance who said to me, "Aren't you now a Congressman or something?" I recently attended an international conference (at my own expense,

by the way). People reading my badge would ask, "Albany: that's in New York?" I would reply, "No, I'm from the real Albany, the one in California."

There is finally the revelation of the inordinate amount of time it takes to get anything done, and the paradox between democracy and efficiency. It takes a four-hour meeting to do what two people could do in 40 minutes and one could do in 10 minutes. Government is everywhere getting leaner. Expenditures must and will be reduced drastically. The taxpayer revolt will not be denied. There have been drastic cuts in the Albany city budget. I believe there will be many and greater ones in the near future. I for one, however, will not join the madmen with their budget axes. We are restrained by contracts, commitments, and laws which cannot rightly be avoided.

On the whole, the view from the dangerous side of the big council table at City Hall has increased my self-confidence. I can do this job; not perfectly, but rather well. Of course, I realize that public confidence in me has slipped a bit. That is the inevitable consequence of making decisions. I shall continue to make the decisions that seem right to me.



— Photo by Luoma Photography

Maria Rapella and Leon Griffith

## Maria Rapella weds Leon Griffith

KENSINGTON — Maria Rapella and Leon Griffith exchanged wedding vows on June 13 here at Arlington Community Church.

She is the daughter of Albert and Edie Rapella of El Cerrito. He is the son of Donald Griffith of Oroville and Dixie Waschuck of Richmond.

Maid of honor was the bride's sister, Karen Shipley. Attendants included her cousin Michele Robins and Carla Pennington.

ton. The best man was Bill Trammell. Ushers were the bridegroom's brothers, Johnny Griffith and David Waschuck.

The bride is a graduate of Albany High School and works in Berkeley as a dental assistant. Her husband is a graduate of Richmond High School and is employed by Mark Containers in San Leandro.

Following a wedding trip to southern California, they will live in Albany.

## Briefs

### Helping young people to write

#### YMCA offers teen class

ALBANY — The Berkeley-Albany YMCA offers a leadership training experience for 14-16 year olds this summer entitled the Leadership Development Institute.

Trainees will spend part of their time in theory sessions with other participants, and part as an assistant leader in a cabin at the YMCA's Camp Gualala, or as an assistant leader in the Y's day camp.

For an application, call 525-1130.

### Need teens to aid elderly

Friendly Visitors needs teenaged volunteers for their program, willing to visit a senior citizen at home for about one hour per week.

Friendly Visitors do what friends do: talking, listening, reading, crafts, shopping etc. The purpose of the program is to keep the senior citizen in his or her own home for as long as possible.

If any teenagers would like to spend some of their summertime helping out in the Friendly Visitors program, please call Nancy or Jeanne at 758-4985 (ext. 223).

gram. It is able to offer partial scholarships to families according to need, and invites inquiries. For further information about the writing workshops, the basic skills program and available scholarships, call 658-1793.

### How the body really works

Dr. Ralph Gancher will lead a series of five discussions on The Way Our Bodies Work.

This free series, held at North Berkeley Senior Center, will begin Wednesday, July 21 at 1 p.m. and continue each Wednesday through August 18.

Topics under discussion will be lungs, the heart, intestinal tract and stomach, urinary system and the brain.

For further information on this or other summer special series sponsored by City of Berkeley, please call 644-6107 or drop by the center at the corner of Hearst and Grove Streets.

If you are affected by loss of bladder control, you should know your condition is not unique. Several million adults in the United States are in a similar situation. One effective way to manage bladder leakage is with the...

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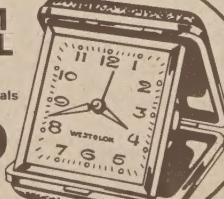
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# Pot luck with Olga Bier

## Here's some fruit for thought



We planted a fig tree this week. It's a special tree, just for me. I can hardly wait until it bears fruit. I would hate to have to list my favorite fruits. Making that list in order of individual favorites would be very hard indeed. Have you ever tried to do that? I always thought apples were the most favored fruit of all people, but I read somewhere that the banana is the most popular.

Figs, I think, would come first on my list. But then again, watermelon and apricots are pretty high in my favor. However... I just couldn't get by without oranges and cherries. And, oh dear, I'm mad for papaya and apples. I guess it's just impossible for me to rank them, like my children. I love them equally and with great intensity.

Some fruits are a bit harder to eat — like pomegranates. I always get frustrated eating around all those seeds. Grape seeds, melon seeds — all those seeds annoy me. But they don't stop me.

Fruits for your menu are perhaps nature's most perfect "convenience food." There is always some variety available in every season. They are colorful and appetizing; ready-to-eat; inexpensive in season; low in fat; high in vitamins, minerals, and fiber; and tasty with natural sweetness. Can't beat that.

### Back to figs

I'll never forget my young friend Steve who couldn't understand my fondness for figs. He thought they were quite bitter, especially the skins. Good heaven, the young man had eaten unripe ones, skins and all!

Biblical references to the fig almost places it in the category of wearing apparel, but actually it was one of the earliest foods cultivated by man. The Franciscan monks are the ones who brought them to California in the mid-1700s.

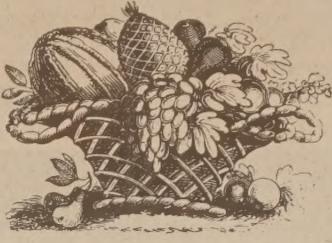
About half of the fig's weight is simple fruit sugar. That is why, as a snack, a dried fig is very sweet and satisfying and would be a great sweet treat for a youngster. And when they are not in season for fresh munching, use dried ones, simmered in water with 1 T. molasses and 2 T. of powdered ginger. When they plump up, try them with your ham or pork dishes. Very good.

For breakfast, figs in cream are fantastic. For a lovely visual as well as taste treat, try lemon sherbet with slices of fresh figs.

### Did you know?...

- That the nectarine is not a cross between a plum and a peach. It is a smooth-skinned variety of peach.
- The papaya can be used as a tenderizer by rubbing it over your meat and letting it sit for a while. The enzymes will tenderize the connective tissue.

- Fresh pineapple also contains an enzyme that breaks down protein. That's why you can't use it in gelatin. It must be cooked a few minutes first or added just before serving, as a garnish.



• Pineapple will not ripen after being harvested. It may get softer, but not sweeter. So choose carefully.

• Americans never saw a banana until 1876 at the Philadelphia Exposition.

• A papaya will provide almost 4 times your daily requirement of Vitamin C and almost 90 percent of your Vitamin A.

• Ancient Greek and Roman botanists, for reasons known only to themselves, had an odd tendency to call fruit "apples." The pomegranate was called the "Punic apple" and the peach the "Persian apple." The "golden apple" of Aphrodite is thought to have been an orange although the apricot growers claim that fact for their fruit. No matter — they're both wonderful.

• The nickname "limey" for British seamen came from the regular ration of limes issued to the sailors to protect them from scurvy. That good old Vitamin C.

### Market features

Plums will be coming in many varieties at this time of the year. Some of you are already harvesting from your own trees. (Oh, little fig tree, get going!) Remember that once picked, the plum will not improve in flavor. It may get juicier, but that's all. If you haven't peeled a plum lately, I remind you that they can be handled as you would tomatoes. Dip them in boiling water until the skin cracks and then slip the skin off.

Slice 2 cups of peeled plums and sprinkle with a tiny amount of sugar, as desired, and 4 T. of Kirsch or other liqueur. Let sit for 15 or 20 minutes and then serve with cream, whipped or ice, and enjoy an elegant summer dessert. For those of you with a bountiful harvest, here's some other good uses for plums:

### Plum Quick Pie

1-1/2 lbs. firm fresh plums, halved and pitted  
9 inch pastry shell (make your own or get a frozen one, what the heck)

1/3 c. (or so) brown sugar  
2 T. flour  
1 t. cinnamon  
1 T. lemon juice

Arrange plums rounded side up in tight overlapping rings in the unbaked pastry shell. Mix sugar, flour, and cinnamon and sprinkle over plums. Drizzle with lemon juice. Place pie on foil or on baking sheet to catch the juice in case it spills. Bake 450 degrees about 30 minutes or until

plums are tender and crust is golden. Serve with ice cream. Oh, my.

Don't forget that old trick of covering the crust with a strip of foil in case it browns too easily. Crisp it up at the end.

### Spiced Plums

2 c. sugar  
1-1/2 c. vinegar  
1 cinnamon stick  
2 t. whole cloves  
12 plums (cut a small x in the bud end)

Boil all ingredients except the plums. Add plums and simmer until tender — 15 to 20 minutes. Great as an accompaniment for meat or dessert.

To be continued.... I'm off for a day in the chards of Sebastopol. I'll give you some good next week.

Olga Bier is a teacher, author and home who teaches at Contra Costa College. Any questions or suggestions for this column may be care of the Times Journal, 1247 Solano Ave., 94706. Please enclose a self-addressed, stamped envelope for reply.

## East Bay Parks District

### wants to bring back pony

The East Bay Regional Park District is exploring ways to re-establish Tilden Regional Park's pony rides, which the concessionaire closed this spring.

According to Chris Nelson, chief of parks and interpretation for the park district, alternatives under consideration include upgrading the present site, or relocating it to Tilden or elsewhere.

Nelson said one idea would involve finding a local rancher or stable owner willing to operate the pony ride in the summer months. During the damper winter months when customers are fewer, the ponies then would be removed to stables where they could be better cared for.

Whatever the ultimate solution, it is not likely the pony ride will reopen at all this summer, Nelson said.

The pony ride concessionaire was Jerry Lee, who lives in Fresno County, where he works as a disc jockey. Lee had purchased the concession about three years ago.

According to Nelson, Lee ran into a series of problems, including gradual deterioration of the concession buildings after many years of use. Another problem was

last winter's heavy storms, which kept custom Storm damage also closed Canon Drive, the access road to the pony rides.

Several lawsuits also were filed against concessionaire when accidents occurred, and a \$400,000 was incurred by Lee when a horse being ridden pony ride stable kicked one of the ponies.

East Bay Regional Park District director resolution on April 20 which stated in part the resolution should be closed down, because of the items, although no specific closure date was set.

District Directors discussed the matter at June 15 meeting.

In answer to questions from the public re future of the pony rides, Board President remarked that he had visited the site recently and considered it safe to operate.

"In my judgment is not feasible this year," Kessel said. He expressed the board's "tentation" that an alternate site could be found.

After June 31, a park district employee will the resident trailer at the site to secure the property a decision is being made on relocation or upgrade son said.

### Note of thanks

### Thanks for the help

The Friends of Albany Library, Inc. are sorry disappointed our fans in July with no sale. Please note an August sale is being planned 28-29, Saturday and Sunday, 9 a.m. to 4 p.m. School cafeteria, Solano at Cornell Avenues.

We'd like to take this opportunity to real 1981.

We wish to express our feelings of gratitude to you everyone helping us to reach an our return from our book sales. Three sales were held the year with a return of more than \$4,500. We inform our fans of how this money is being spent. These are a few of the things the sales were used for: bins for records; large print New York cork board for back door; children's programs; books; book by Ruth Dorman: BIN-Information work; petty cash to librarian for incidentals; many supplies for entertaining at special library functions to children celebrating National Library Friends expenditures.

Our thanks for this success goes to many follows: The Albany Unified School District, Cornell School, merchants, book contributors, on radio and television stations, people to help price, set up, clean up, sales day helpers, our town putting up signs in merchants' windows and buyers. It is many people working together that continued success with our book sales.

Thank you kindly everyone for all the received. Our library is the best.

Mary Harting

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# Mail bag

## Peace officers reply

On June 9, the Times Journal published an article (in the "Around City Hall" column) entitled, "Why the Police Chief should be Appointed," submitted by writer Anne Rotramel (Albany's vice-mayor). As the assertions in the article are either ill-informed or misleading, we are represented by this letter offer a more responsive response.

The field of candidates is too small: in reference to seeking a qualified candidate from our resources, the prior author stated, "There are people in the Bay Area who would make suitable candidates. There are even fewer suitable candidates in Albany." This statement is not only unsupportable but irresponsible as well.

The Albany Police Department has historically en-

joyed the leadership of highly qualified and professionally recognized chiefs of police, all generated from within the agency. At this juncture, there exists no valid reason to believe that equally capable future candidates are not available from the same resource. It is further submitted that should a qualified individual, not presently a resident, desire to become a candidate, that individual need only establish residency in Albany to become eligible.

Incumbent chief inhibits competition of subordinates:

The prior author asserts that an incumbent chief of police is rarely opposed, and that a lack of multiple candidates in some fashion endangers the democratic process. The present chief of police, and his predecessors, have in the past been challenged at the polls by subordinate officers, and future chiefs will doubtlessly be challenged in fashion. Perhaps the author of the June 9 article has yet to reason that a lack of opposition is not improbable

when the electorate, including potential rivals, are satisfied with the performance and professionalism of existing management. The democratic process is not endangered by the right to vote. It is endangered by the denial of vote, the very condition that the prior author proposes to create by an appointed chief of police.

Lack of City Council control of Police Department functions:

The vast majority of responsibilities, duties, charges and obligations under which a contemporary law enforcement agency functions are mandated by state law, not the arbitrary whims of a local city council. An appointed chief of police could only be placed in the untenable posture of capitulation when confronted by ill-informed or poorly advised procedures demanded by an employing city council. It is patent that your chief of police should be responsive to the community he serves as opposed to potentially oppressive political powers. The prior author suggests that

the present City Council is unable to allocate budget funds wisely to an elected chief of police, but would be capable of better performance if the chief were appointed. This is so remote from reality, it fails to justify comment.

You are reminded that your present elected chief of police is the subject of re-election every four years, and if he fails to perform his office satisfactorily, available to electorate recall at any time. The present system of selection has served the Albany community well since its inception. The prior author is reminded of the axiom: If it isn't broken — don't fix it.

The Albany Peace Officers Association  
(Continued on Page 10)

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The Liquor Barn Carries Over 300 Domestic & Imported Liqueurs.

Items and prices available at above store Wednesday, July 21, 1982 through Tuesday, July 27, 1982.

**CALIFORNIA'S LARGEST DISCOUNT LIQUOR STORES**

**Liquor Barn**

**Super Summer Sizzlers!**

**Taylor California Cellars Dry White Wine**

**Yellowstone Bourbon Whiskey**

**\$9.88 1.75 Liter**

**Scotches**

**Scoreby Scotch 1.75 Liter**

**\$9.97**

**Keg Beer**

**Budweiser or Coors 1/2 Kegs**

**\$32.50**

**Your Choice**

**Gordon's Vodka**

**\$7.98 1.75 Liter**

**Waterford Irish Cream**

**\$10.99 750 ml**

**Coca Cola**

**\$1.11 Tab or Sprite 2 Liter**

**Cramont Soda**

**98¢ All Flavors 2 Liter**

**Lejon Soft Wines**

**The Perfect Accompaniment for Summer Dining - Soft, Light, Elegant Wines**

**Chenin Blanc 1980**

**Gamay Beaujolais 1980**

**French Colombard 1980**

**750 ml \$1.99 Your Choice**

**Stanton's Gin 90-Proof, 1.75 Liter**

**\$7.19**

**Visa and Master Card Gladly Accepted**

2315 San Pablo Dam Rd., San Pablo - (415) 233-4371

**NOW 19 BAY AREA LIQUOR BARNS**

San Pablo, Walnut Creek, San Rafael, Colma, San Francisco, San Jose, Mountain View, San Ramon, Alameda, Vallejo, Fremont, Hayward, Santa Cruz, Pacific Grove, Milpitas, Castro Valley, Antioch.

**Jug Wine Values**

The Liquor Barn has the Best Jug Prices in Town.

Mega Cask	Chablis, Burgundy, Rose or French Colombard	16 Liter	\$19.97
Almaden	Wine in the Box	Chablis, Burgundy, Rhine or Rose	4 Liter \$4.69
Summit	Chablis or Burgundy	4 Liter \$4.99	
Inglenook	Chablis, Burgundy Rhine or Rose	4 Liter \$3.99	
Carlo Rossi	Chablis, Burgundy Rhine or Rose	4 Liter \$3.99	
Taylor California Cellars	Dry White	4 Liter \$3.99	

**Varietals**

**Johannisberg Riesling/Riesling**

**Lovely Wines for Summer Dining**

Chateau St. Jean	Sonoma 1981	750 ml	\$6.98
Felton Empire	White Riesling Maritime 1980	750 ml	\$5.85
Clos du Bois	Early Harvest	750 ml	\$4.68
Heitz	1980	750 ml	\$4.65
Raymond	1981	750 ml	\$6.57
J Lohr	1981	750 ml	\$4.49
Robert Mondavi	Special Select 1980	750 ml	\$6.48
Beaulieu Beauclair	1980	750 ml	\$4.89
Wente Arroyo Seco	1980	750 ml	\$7.98
Fetzer	1981	750 ml	\$4.59

**Zinfandels**

The Liquor Barns stock Zinfandels for the novice to the serious collector

Fetzer Ricetti	1979	750 ml	\$6.64
Sutter Home	Late Harvest 1977	750 ml	\$11.17
Shenandoah Amador	1980	750 ml	\$5.98
Baldinelli	1979	750 ml	\$5.09
Lytton Springs		750 ml	\$7.19
Mt. Veeder	1979	750 ml	\$6.98
Fetzer Mendocino		750 ml	\$3.99
Louis Martini	Special Select 1977	750 ml	\$8.99
Sebastiani	1978	750 ml	\$3.19
Montevina Montino	1980	750 ml	\$3.95

**Classic Magnums**

The Liquor Barn has an Extensive Selection of Cork-Finished Premium Magnums.

Robert Mondavi	Vintage Red or White	1.5 Liter	\$3.99
Vincelli	Red or White Table Wine	1.5 Liter	\$3.33
Fetzer	French Colombard, Zinfandel, Gamay Beaujolais or Blanc de Blanc	1.5 Liter	\$5.28
Mirassou	Burgundy or Dry Chablis	1.5 Liter	\$4.98

**Beer Specials**

Hamm's	12-12 oz. Cans	\$2.99
Lucky Lager	12-11 oz. Btls	\$2.65
Budweiser	12-12 oz. Cans	\$4.19
San Miguel	Light or Dark 6-12 oz. Cans	\$3.19

**Mail bag****About that letter**

I must commend, though reluctantly, Marilyn A. Howell on the astute timeliness of her "loaded" letter to the July 14 Times Journal, just when the City Council, after countless hours of wrestling with a budget that is short on income and long on expense, found it necessary to make, unwillingly, cuts in a number of city services and increased costs to potential users of other city services, the city-operated ambulance service, specifically.

Conveniently, not once in her long diatribe does she mention the disastrous impact of Proposition 13 on many California cities, including Albany, nor does she take into account the sad fact that state bail-out funds and federal revenue sharing funds have been cut drastically.

For several years now reports from Sacramento and Washington have warned us that the day of austerity was

approaching and that states, counties, and cities either would have to find other sources of income or plan serious cutbacks. Some choice! Indeed, for most governmental entities there really was no choice. With severe limitations on taxing imposed by Proposition 13, usually the principal source of city operation revenues, there was only one way to go. The choice, if any, was which to cut and how deeply.

I, unlike Ms. Howell, am firmly convinced that the City Council acted in the best interests of Albany. When all the choices are negative, all you can do is pick those with the least hurtful consequences.

Perhaps I should have simply responded to the admission contained in the last sentence of her letter: Don't be misled by words.

Very well, I won't!

Stephen Radkey  
Albany

**Briefs****RAC plans ceramics for kids**

Children grades 1-6 are invited to join the second session of ceramics class at the Richmond Art Center. "Come spend your summer afternoons squeezing clay between your fingers and explore the possibilities of working in clay," says instructor Linda Glaser.

Glaser will introduce traditional techniques such as coil, slab and pinch building, plus sculpting. "From there children's imaginations will be set free creating animals, fantasy landscapes and other treasured objects," she said.

The opportunity to work on the wheel will also be available. Children should be sure to wear clothes that can be splattered and dripped on. Fee: \$35 for the four-week session.

For further information call the Art Center at 231-2163.

Hours: Tuesday - Thursday, 10 a.m. to 4:30 p.m. Saturday and Sunday noon to 4:30 p.m. The center is located at 25th and Barrett Avenues, Civic Center Plaza, 5 blocks east of the Richmond Bart Station.

**Boy needs foster home**

John is a pleasant 11 year old Caucasian-Mexican boy in need of a foster home due to neglect by his mother, who has a serious problem with alcoholism.

John (not his real name) is educationally handicapped. This may be primarily because he has not attended school regularly during the past three years and missed five months of school last year. He will need to be enrolled in special education classes.

A handsome, solidly built boy, John enjoys outdoor sports and camping. He needs to be in a two-parent home and have a foster father who will be actively involved with him. A foster home in Southern Alameda County is preferred.

John is concerned about his mother and misses her but understands that it will be necessary to live in a foster home for at least a couple of years. Unless his mother is able to overcome her alcoholism, he will need foster care until he is grown.

Anyone interested in providing a home for John or some other child in need of foster care, may call the Alameda County Social Services Agency at 874-5527.

The payment for board and care of foster children ranges from \$230 to \$311 per month depending on the child's age. Medical expenses are covered by Medi-Cal.

**Energy help available**

Catholic Charities of the Diocese of Oakland has funding under the state's Low-Income Home Energy Assistance Program to help eligible low-income households in the cities of Alameda, Albany and Emeryville with the costs of their gas and electric bills.

Catholic Charities' program is only available to residents of the cities of Emeryville, Albany and Alameda. Eligibility for the program is established on the basis of total household income and the existence of an emergency situation due to inability to pay a utility bill.

Income limits range from \$467 per month for a one-person household to \$915 per month for a household of four. For details regarding application, call the Energy Assistance Program at Catholic Charities, 834-5656.

**Save those guards**

(A copy of this letter was sent to the Times Journal for publication.)

Dear Albany City Council Members:

In response to the letter addressed to the members of the Albany Unified School District Board of Education from Administrative Officer William Haden, regarding crossing guards, the Board of Education discussed this important matter at its meeting of July 8, 1982.

The members of the board took a position of strong opposition to any reduction in crossing guard service. The board felt that the provision of crossing guards is definitely a city obligation and should be a top priority.

The very nature of the traffic situation on Albany's urban streets makes the crossing guard service essential for the safety of the children of Albany. The importance of adult, responsible guards providing this service on a regular basis cannot be overemphasized.

The Board of Education is fully cognizant of the financial plight. You need to be aware that the Unified School District's financial situation is serious. School districts are completely dependent on state sources for funding and cannot generate revenue and cannot benefit from increased property taxes. Consequently, the school district running costs will be essentially the same dollar amount as last year.

Once again, the Board of Education's current level of services provided by the crossing guards is essential for the safety of the children in the community and that the provision of crossing guards should be a top city priority. We would provide the City Council with evidence of the continuation of this vital service.

Stephen A. C. ...  
Superintendent

**Chuck Steak**  
Blade Cut, Safeway Quality Beef  
lb. 99¢

**Beef Roast Sale**  
Boneless Cross Rib, Rib Roast-Large End, Boneless Rump or Bottom Round or Boneless Chuck-Under Blade Roast, Safeway Quality Beef  
lb. 199  
(Boneless Beef Round Tip Roast, lb. \$2.28)

**Sockeye Salmon**  
from Alaska, Whole or Half, Frozen Fresh Thawed  
lb. 299  
(Salmon Slices, lb. \$3.99) (Fillets, lb. \$4.29)

**10 lb. Charcoal**  
Scotch Buy  
SAFeway SPECIAL  
\$159  
SAVE 60¢

**Old Milwaukee**  
Beer, 12-12 oz. Cans  
lb. 298  
SAVE \$1.11

**SAFeway**  
SAVE 7 DAYS A WEEK**Drumsticks & Thighs**

Manor House (Fryer Breasts, lb., \$1.39) (Fryer Wings, lb., 69¢)  
lb. 79¢

Ground Chuck  
Made Exclusively from Beef Chuck, Does Not Exceed 26% Fat  
lb. 179

7-Bone Chuck  
Roast or Steaks, Safeway Quality Beef  
lb. 139

Dubuque Bacon  
Mississippi, Sliced (Swift Sizzlean Breakfast Strips, 12 oz., \$1.49)  
1-lb. 159

Beef for Stew  
Boneless, Safeway Quality Beef  
lb. 189

Beef Rib Steak  
Small End, Safeway Quality Beef  
lb. 29

Rib Eye Steak  
Boneless, Safeway Quality Beef  
lb. 39

**GIANT WHITE VEAL SALE NOW GOING ON**

Veal Blade Chops  
Veal Scallopini  
Boneless Veal Sirloin Chops  
Veal Round Bone Chops  
(Veal Round Steaks, lb. \$5.99)  
lb. 119  
lb. 59  
lb. 59  
lb. 29

Boneless Cross Rib Steak  
Boneless Round Tip Steak  
Hillshire Kielbasa  
Steak-Umm Beef Sandwich Steak  
(Safeway Quality Beef)  
lb. 239  
lb. 92  
lb. 249  
Frozen 14-oz. \$2.00

Pacific Cooked Shrimpmeat  
Fresh Turkey  
Whole Fryers  
Galileo Sliced Salami  
Frozen Fresh Thawed  
Foster Farms, Natural Hen, California Green  
Manor House, USDA Grade A  
Italian Dry (6 oz., \$1.79)

Veal Cube Steak Cutlets  
Boneless Veal Roast  
Shoulder Clod  
Great for Stuffing

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Ground Veal

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## Newspaper seeks writers, ideas

The Times Journal has reported a new column entitled "Open Forum" and we're looking for ideas.

The idea is simple. If you like to comment on things happening in the community, the schools, the region or beyond, write to us.

You can already do this by writing to the editor. Letters are generally welcome. The idea of the Open Forum is to offer an opportunity for a longer discussion on ideas. The limit is words, which is three. Write to the Open Forum.

Of course, we don't want

anyone to write in.

Call 525-9110 for further information and registration.

pages. (An we do have to type typed copy — it's much easier for our type-setter to read.)

We know there are already a lot of good writers in Albany, El Cerrito, Kensington and Thousand Oaks, because we get letters from lots of you all the time. But here's your chance to really get your teeth into an issue.

Worried about inflation, environmental pollution, war, earthquake preparedness, crime, quality of education, quality of life? Write to the Open Forum.

Call 525-9110 for further information and registration.

Write to Times Journal, 1247 Solano Ave., Albany 94706.

### CC history class planned

EL CERRITO — The history of Contra Costa County will be taught Wednesdays, Aug. 4 through Sept. 8.

The class meets from 10 to 11:30 a.m., and will be taught by George Collier.

It meets at the Open House, 6500 Stockton St. (behind the library); 526-0124.

Call 525-9110 for further information and registration.

## Young Albany musicians plan a summer concert

ALBANY — More than 200 young musicians in the Albany Park and Recreation Department's summer instrumental music program will present a public concert Thursday evening, July 22, at 7 p.m. in Albany High School's Little Theatre. Admission is free and parents and friends are invited.

Performing groups include the advanced band, the summer orchestra, the intermediate band, the beginning string class, the beginning band, and the summer jazz band.

This is the fourth year in which the Albany Park and Recreation Department, directed by Bud Rooney, has cooperated with the Albany schools in sponsor-

ing the summer instrumental music program, the only summer program of its kind in the Bay Area.

For four weeks each summer classes are offered in beginning strings, woodwinds, brass and percussion, for students in grades four through nine, and students are given the opportunity to perform in three bands, a jazz ensemble and

an orchestra. This year, the program has drawn students from Albany, El Cerrito, Berkeley, Richmond and Kensington. Classes are taught by Ernest Douglas and Bob Slous, both regular music instructors in the Albany schools.

Five student aides act as assistant teachers in the instructional program: Sharon Hays, Albany High School; John Douglas, Las Lomas High School; Alan Kruger, Cal State Hayward; Eric Duong, Albany High School; and Ethan Hall, Albany Middle School. Marsha Matson, an adult violinist who recently was instrumental in setting up a string program in the Lodi schools, serves as an assistant to Douglas in the summer orchestra.

Several older students also assist as aides with the various musical organizations: Peter Rios, Bonnie Minoglio, Margaret Wright, Emma Armstrong, Catherine Tate, David Sandri, Roger Tuan, Bill McConahy, Matt Freeman, Miya Fujioka, Judy Marshall and Vitti Laorovavit.

David Sandri, an Albany High School senior, will serve as assistant conductor for the summer orchestra on the program, and Albany Middle School cellist Melanie Linebaugh will appear as soloist.

### Briefs

#### Climbing pix slated at LHS

Lawrence Hall of Science films for July 26 - Aug. 1 will be shown at 11 a.m., 1 and 3 p.m.

"Solo" follows a lone mountain climber along narrow ledges, up sheer rock walls, and across glaciers. "Annapurna, a Woman's Place" chronicles the historic all-woman expedition that placed the first Americans on the world's tenth highest peak.

Young children's films, shown at 10:30 a.m. and 2 p.m., will be "Attic of the Wind," "Cockaboo," and "Petronella."

For information call 642-5132. Admission: adults, \$2.50; students and senior citizens, \$1.50; young people 7-18 years \$1; children under 7 and LHS members, free.

#### How the body really works

Dr. Ralph Gancher will lead a series of five discussions on The Way Our Bodies Work.

This free series, held at North Berkeley Senior Center, will begin Wednesday, July 21 at 1 p.m. and continue each Wednesday through August 18.

Topics under discussion will be lungs, the heart, intestinal tract and stomach, urinary system and the brain.

For further information on this or other summer special series sponsored by City of Berkeley, please call 644-6107 or drop by the center at the corner of Hearst and Grove Streets.

#### Need teens to aid elderly

Friendly Visitors needs teenaged volunteers for their program, willing to visit a senior citizen at home for about one hour per week.

Friendly Visitors do what friends do: talking, listening, reading, crafts, shopping etc. The purpose of the program is to keep the senior citizen in his or her own home for as long as possible.

If any teenagers would like to spend some of their summer helping out in the Friendly Visitors program, please call Nancy or Jeanne at 758-4985 (ext. 223).

### Parents practice

KENSINGTON — Family Effectiveness Training, a course in communication and problem solving skills, will be sponsored by the First Unitarian Church of Kensington.

It begins Monday, July 26, 7-10 p.m., in the Uniquest Room.

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**99¢**

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# Eine Kleine Sommermusik is ready for ninth season

Eine Kleine Sommermusik presents a ninth season of concerts in July, on Friday evenings at 7:30 p.m., in the sanctuary of the First Congregational Church of Berkeley.

On July 23, Susan Rode Morris, soprano, will perform works by Monteverdi, Scarlatti, Handel, Holst, Vaughan-Williams and Berkeley composer Joaquin Nin-Culmell, assisted by Brian Johnston, violin; Jerry Ireland, viola; Stephanie Sirgo, violin; Paul Hale, cello; Nancy

Knop, flute; and Ivan Rosenblum, piano.

The concert will also include the Bloch Suite No. 1, performed by cellist Paul Hale, and a Devienne quartet for bassoon and strings with Richard Palm, bassoon. As a grand finale, hornists from the Oakland Symphony and the S.F. Opera Orchestra will present Tippett's Sonata for Four Horns.

The Veil of Isis, a contemporary music ensemble, will perform 20th century classical and popular works for

women's voices on July 30.

The program will include works by Paul Chihara, Andre Caplet, Marvin David Levy, Vivian Fine, Margie Adam, and Valerie Heilbron's "Ladies' Voices."

The members of Veil of Isis are Elizabeth Anker, Katharine Brookes, Laura Gilliard, Cheryl Keller, Lynn Morrow, Marlene Rozofsky, singers; Carol Negro, bassoon, and Joan Gallegos, conductor. Composer-performer John Partridge will close the series on a light note, per-

forming his own rags for piano as well as Joplin, assisted by Todd Manley, sylphon.

A donation of \$3 (\$2.50 seniors) is requested at the door. Each concert will be a reception for performers and audience.

The series is organized and sponsored by the Committee of the First Congregational Church of Berkeley, Diana, Duran and Channing Way, call 848-3696.

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## Times Journal / features



Gamelan teacher Jody Diamond with a class.

— Times Journal photo by Chris Gilbert

## It's an art everyone can join in'

### Gamelan music is communal, cooperative

By PENELOPE KRAMER

THOUSAND OAKS — The Indonesian "gamelan" orchestra combines gongs, drums, singers, bamboo flutes and xylophone-like "metalophones" to create repetitive music.

According to teacher Jody Diamond, anyone can

play gamelan because it's an art that everyone can join in. "she is a place where you can just go and enjoy that yourself."

Jody Diamond, 29, a resident of the Thousand Oaks

Berkeley, said gamelan is accessible to everyone

because some of the instruments are easy to play.

It's also easy to take part, she said, because the music

is played in phrases marked by a large gong."

"If you make a mistake, you know the music's coming again," she said. "You can do it right the next

time. It's a communal, cooperative

special feeling of belonging because cooperation is sthessed over individual achievement.

Gamelan music "really answers a need in this society, (for people) just to be artists because they are human beings, not because they are better than other people," she said. It provides "art through cooperation, not competition."

This spirit is reflected in the fact that a gamelan has no conductor. Every orchestra member listens to everyone else, and they build the music together.

"There's no one person or one instrument to take the credit for how the music sounds," Diamond said. "In the gamelan, everyone's working together to bring out the music of the gamelan, as opposed to proving what a good artist they are or how hard they've practiced."

Gamelan music has a long history. Chinese travelers first reported hearing gamelan music in Indonesian courts in the eighth century. Early gamelans had just a few gongs, but over the years, they've expanded to include the other instruments.

Diamond said the word "gamelan" refers to the whole group, not to any particular instrument.

"Gamelan translates into our word for orchestra," Diamond said, "with one major difference. It refers to the instruments, not the people."

To explain how this is different, she said, "I like to say that in the West, if the musicians came out and laid their instruments on their chairs and then left, we would never say the orchestra was on stage."

In Indonesia, they would.

Each gamelan instrument is thought to have its own character "almost like a person, and you get to know it," Diamond said.

The instruments' names reflect their characters and sounds. One is called the "venerable golden rain," another the "venerable torrent of honey."

They are also considered to have a spiritual significance or power — like a family heirloom, only much stronger.

"Offerings of flowers and incense are given to the gong each week," Diamond said. "It's sort of like a religious ritual."

In turn, each whole set of instruments — again, excluding its players — is seen as having an individual character.

Diamond was a freshman in 1970 at California Institute for the Arts in Valencia, planning to study writing, photography and alternative education, when she first saw a gamelan.

"My friend came and dragged me over," she said. "She said, 'you have to come and see these instruments. You won't believe that anything like this really exists.'"

Diamond was "entranced." The next year, on a scholarship from the American Society for Eastern Arts, she visited Java and Bali for five months.

She said exposure to the Indonesian culture had a "very profound" effect on her.

"All human beings basically ask themselves the same questions — what is good, what is bad, why am I here," she said. "but their answers are different."

The Balinese social system, she said, is based on the spirit of cooperation and sense of belonging which is reflected in their music. The family is very large and close-knit, and it is in turn part of many neighborhood groups.

The society is "a big cooperative system," she said. "It's very well organized and there's more of a feeling of connection."

Diamond earned a bachelor's degree in anthropology and music education at UC-Berkeley and a master's degree in music and education at San Francisco State, and began teaching at UC-Berkeley and Mills College.

Her teaching emphasizes the idea that everyone can make music.

"I don't think any person should be denied the joy of knowing their musical self," Diamond said. "I love opening that door for people."

"I don't think there's such a thing as a person who's not musical — who's tone deaf or can't keep a beat. People who feel that they are not musical just haven't found a vehicle for their natural ability."

When supposedly non-musical students first come to gamelan, she said, the music and the instruments are so different they have to give up their old expectations — especially expectations of failure.

"Your usual judgments of yourself — expectations from when your piano teacher told you you should never touch a piano again — just don't apply," she said.

"People are forced to let themselves start over again."

One difference between Western and Indonesian music is that we count time ONE-two-three-four, with the emphasis on the first beat. Even the most experienced musician, approaching gamelan, has to learn to change gears and count one-two-three-FOUR, as the music is counted in Indonesia.

"With the four being the strong beat," Diamond said, "you have to really open your ears and open yourself to new musical possibilities."

These new possibilities give students a new image, Diamond said.

"Most of us want to see ourselves as creative people," she said. "Hidden inside each person is the need to say I'm creative person — therefore I'm a worthwhile person."

Diamond said playing in a gamelan is "very exciting."

"It's like being part of a complex, well-tuned world in which each part fits and make sense," she said.

Diamond's current four-week series of gamelan classes started Tuesday at Mills College. She also teaches at the American Gamelan Institute in Berkeley. For information, call 841-6500, extension 311.

## Exhibit to contrast two art dimensions

Kala Gallery will present 2-D/3-D, an exhibit of sculpture and works on paper through Aug. 31.

This exhibit examines the relationship between works executed in two dimensions and those in three dimensions by the same artists. Ten artists are included in the show and wherever possible a flat piece and a related sculptural piece by each of these artists will be on display.

The 10 artists whose work will be displayed are Robert Dhaemers, Margaret Herscher, Archana Horsting, Martin Metal, Yuzo Nakano, Ferdinand Penker, Carlo Schiavon, Daniel Shapiro, Fred Strevel, and Michael Waldstein.

Kala Gallery is at 1060 Heinz St., Berkeley. For information call 549-2977. Gallery hours are 10-5, Tuesday through Friday.

There will be a special open house for the International Sculpture Conferences, Sunday Aug. 8, from 5 to 7 p.m.

### Learn the county's history

EL CERRITO — The history of Contra Costa County will be taught Wednesdays, Aug. 4 through Sept. 8.

The class meets from 10 to 11:30 a.m., and will be taught by historian George Collier of El Cerrito, who teaches regional and California history at Contra Costa College.

The class meets at the Open House, 6500 Stockton St. (behind the library); 526-0124.

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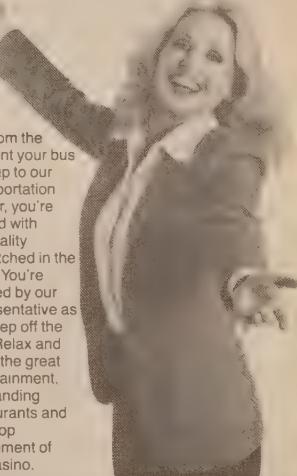
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## Groups aid sclerosis victims

An education program for people newly diagnosed with multiple sclerosis will be held on Wednesday evenings at the Sprout Conference Room of St. John's Presbyterian Church, 2727 College Ave. in Berkeley, beginning July 28 from 7 to 9 p.m.

This five week program, sponsored by the National Multiple Sclerosis Society, is geared for people coming to terms with a recent diagnosis of multiple sclerosis.

The workshop will explore the physiological aspects of MS, information on treatment and MS research, development of personal resources and support, self-management of chronic illness and other topics. There is no fee for this service, but pre-registration is necessary.

A support group for people with multiple sclerosis.

family and friends is currently being formed in the Berkeley area.

An organizational meeting will be held on Tuesday, July 27, at 7 p.m. in the McLean Lounge of the First Congregational Church, 2345 Channing Way at Dana in Berkeley. Entrance is from the Durant Avenue entrance.

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### Hilly films seen at LHS

Lawrence Hall of Science films for July 26 - Aug. 1 will be shown at 11 a.m., 1 and 3 p.m.

"Solo" follows a lone mountain climber along narrow ledges, up sheer rock walls, and across glaciers. "Annapurna, a Woman's Place" chronicles the historic all-woman expedition that placed the first Americans on the world's tenth highest peak.

Young children's films, shown at 10:30 a.m. and 2 p.m., will be "Attic of the Wind," "Cockaboo," and "Petronella."

For information call 642-5132. Admission: adults, \$2.50; students and senior citizens, \$1.50; young people 7-18 years \$1; children under 7 and LHS members, free.



**NEW SOROPTIMIST LEADERS** — The newly installed officers of Soroptimist International of Albany are, from left in front, president Elaine Olson and first vice president Rita Smith. In back from left are

treasurer Connie Jackson, second Jewel Okawachi and corresponding Lynn Davis.

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**Summer Scarves** Cotton and cotton blends with some silks. Assorted sizes and colors.  $\frac{1}{2}$  Off

**Knee Hi's & Sport Socks** All famous brands in cotton blends and orlon blends.  $\frac{1}{2}$  Off

**Footwear** Choose from canvas and jute burlap espadrilles or pearlized reptile urethane batherinas. Size 6 to 9. Reg. 20.00.  $\frac{1}{2}$  Off

**Famous Maker Bras** Choose from a selection of soft cup, contour and underwire styles in white, nude and fashion colors.  $\frac{1}{2}$  to  $\frac{1}{2}$  Off

**Famous Maker Lingerie** Assorted styles of sleepwear, loungewear and daywear in several styles and colors.  $\frac{1}{2}$  to  $\frac{1}{2}$  Off

### AU COURANT

A selection of spring and summer pants, skirts, jackets, tops and blouses from several famous designer labels.  $\frac{1}{2}$  to  $\frac{1}{2}$  Off

**Summer Dress Sale** One piece, two piece and jacket dresses in a good selection of styles and fabrics.  $\frac{1}{2}$  to  $\frac{1}{2}$  Off

**All Weather Coats & Jackets** Assorted styles and colors to choose from in misses sizes 8 to 16.  $\frac{1}{2}$  Off

### FOR JUNIORS

#### Junior Swimwear

Our entire stock of one and two piece swimwear with coordinating sportswear to match.  $\frac{1}{2}$  Off

#### Jog Suits

Selected fleecewear pants and tops in crew, V, and boatneck styles with contrast piping.  $\frac{1}{2}$  Off

#### Tee Shirts

Assorted styles including short sleeve,  $\frac{3}{4}$  sleeve, boatneck, crew and v-neck in stripes and solids.  $\frac{1}{2}$  Off

#### Summer Dresses

An assortment of styles for summer from famous junior dress makers.  $\frac{1}{2}$  to  $\frac{1}{2}$  Off

### FOR MEN

#### Sport Coats

Assorted styles in poly/wool blends. Broken sizes from the range of 38 to 44 reg. and short. Reg. 85.00.  $\frac{1}{2}$  Off

#### Dress Shirts from Arrow

Assorted short and long sleeve styles. Mostly cotton/poly blends. Reg. 19.99.  $\frac{1}{2}$  Off

#### Harris Casual Belted Slacks

Fashion colors in size 30 to 40. Not all lengths. Some have matching tops.  $\frac{1}{2}$  Off

#### Izod LaCoste Shirts

Choose from our selection of solid color 100% cotton knit sport shirts. Size M L XL. Reg. 25.00.  $\frac{1}{2}$  Off

#### Designer Jeans

Styles from Calvin Klein and Jordache. Reg. 34.00 to 42.00.  $\frac{1}{2}$  Off

#### Mr. California Sport Shirts

A group of sport shirts in knits, plains and solids. Reg. 23.00.  $\frac{1}{2}$  Off

#### Knit Sport Shirts

A group of solid and fancy shirts from Thane and Pebble Beach. Some are 100% cotton. Size S M L XL.  $\frac{1}{2}$  Off

#### Better Neckwear

Nekclies in assorted stripes and patterns. Reg. 11.00 and 12.50.  $\frac{1}{2}$  Off

#### Swimwear

Our entire stock of men's swimwear including boxer shorts and running shorts. Some coordinated tops.  $\frac{1}{2}$  Off

#### Ocean Pacific Tops

Choose from woven fabrics, striped knits and tee tops.  $\frac{1}{2}$  Off

#### Grey Flannel by Geoffrey Beene

"Travel Assets" grey canvas travel bag with 1-oz. cologne, 1-oz. after shave balm and 8-oz. deodorant stick.  $\frac{1}{2}$  Off

#### Cosmetics Dept.

15.00 with any 12.50 or more Grey Flannel purchase.

**Shop Thursday Night  
 Until 9:00 P.M.**

### FOR CHILDREN

#### All Girls Swimwear & Coverups

For infants thru size 14 from Pelican, Her Majesty, Sand Piper and Carters.  $\frac{1}{2}$  Off

#### Girls Summerwear

Shorts, tops and pants for girls size 4 to 14 from Aileen, Sweet Fancy, Luv and Health Tex.  $\frac{1}{2}$  Off

#### Infant & Toddler Summer Playwear

Assorted styles from Carters, Health Tex and Donmoor.  $\frac{1}{2}$  Off

#### Boys Summerwear

Shorts, tank tops, tee shirts and swim trunks from Health Tex, Donmoor, Billy the Kid and Osh Kosh for boys size 4 to 7.  $\frac{1}{2}$  Off

#### Boys Activewear

Running shorts, mesh shirts, swim trunks and tank tops for boys size 8 to 20 from Billy the Kid, Levi and Donmoor.  $\frac{1}{2}$  Off

#### Summer Pants

A clearance of pants from famous makers including Tom Sawyer, Billy the Kid, Levi and more. Size 8 to 14 and student sizes 25 to 30.  $\frac{1}{2}$  Off

### LUGGAGE

**Special Closeout!** Samsonite Silhouette II in Frost Blue only! Odds and ends at terrific savings! Sorry, limited to hand...  $\frac{1}{2}$  Off

#### Airway Luggage

21" Carry On. reg. 72.00.  $\frac{1}{2}$  Off

26" Pullman. reg. 99.00.  $\frac{1}{2}$  Off

Beauty Case. reg. 66.00.  $\frac{1}{2}$  Off

66.00.  $\frac{1}{2}$  Off

## SUMMER WHITE SALE NOW IN PROGRESS!

**SAVE NOW  
 ON FAMOUS MAKER  
 TOWELS, SHEETS,  
 PILLOWS, BLANKETS,  
 BEDSPREADS, RUGS  
 AND MORE!**

**Hink's**

## Soroptimists hold their installation

**A**LBANY — Soroptimist International recently installed attorney Ellen Zapata in the 37th annual installation dinner meeting at Miramar Country Club.

Other offices, installed by Betty Leibman, were: Rita Smith, Albany realtor; Jewel Okawachi, owner of D&S Computer; Irene MacWilliams, Albany Chamber of Commerce, representative; Connie Jackson, acting director of Albany Senior Center; and Fran Willson and Bernadette O'Gorman, Albany Senior Center. Willson was installed.

Willson reported on contributions by individuals and organizations with her term, primarily from a Bingothon. Academic scholarships were awarded to Barbara Stau, Judith Fong and Joey Long. Award winners, who received cash prizes, were Chamberlain and Youlee You.

The TAP (Training Award) program was used by Deborah Singer, a nurse who goes into public health work. Former Soroptimist International president Ellen Zapata received a special award for her selection by the Coro Foundation in the field of public service.

A microwave oven was purchased for a food booth at Memorial Park, and \$500 was given to Albany Pool to purchase two ladders. Albany Senior Center installed at Albany Senior Center for those meals on Wheels.

Another contribution was to Telethon organization based at Herrick Hospital, which calls to those confined to their homes. All are all right. Many Albany people are called.

Other contributions were to Albany for a storytelling program and to Albany for parallel bars.

Among programs sponsored by Soroptimists during 1981-82 were speakers on child abuse, stress, business management, Albany Senior Library, making a good first impression, disaster preparedness and the United Nations.

Donations were made to American Project Close-Up (students visited Washington's Young People's Symphony, all of which programs).

Soroptimists do not hold regular meetings during July and August, but will hold at Round Table Pizza in Albany at noon on Aug. 11.

### Briefs

#### High school sets

St. Vincent High School of San Francisco will hold a class reunion Aug. 14 at the Restaurant in Burlingame.

Husbands or escorts are invited. Reservations are necessary. If you are in the class of 52 from SVH and have not received an invitation, contact Frances Schue McFarland, 2315 Duran Ave., Millbrae, Calif. 94030. Call 589-5073.

#### Exhibit of Victoria

Lowell Hecking's oil painting exhibit will be seen at Contemporary Arts Center, Berkeley through Aug. 17.

Gallery hours are Tuesday through Saturday from 10 a.m. to 5 p.m. For information, call 848-9073.

For more information call 848-9073.

2315 Duran Ave., Berkeley

For more information call 848-9073.

# Senior centers

## ALBANY

The center is at 846 Masonic Ave., 644-8500. Hours: Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.

### Special Events

Self-examination given by the American Society. Two sessions Monday, July 26, at 12:30 or 1 p.m. \$10. Scrip available for 1982-83. The price is \$4-10, depending on personal total annual income. Albany residents over age 60 are eligible to apply.

Thursday and Saturday, 10-12. Self-management: how to prevent injury to your body. Information on exercise, nutrition, relaxation. Instructor: Ellen Hauptman. Sponsored by Arthritis Foundation. Wednesdays, July 14-Aug. 25, 10 a.m.

Would you like to walk, but don't want to walk alone? Group on Monday and/or Thursday at 10 a.m. Pressure massage available by appointment. Tuesdays and Tuesdays at special senior rates: \$10/hour. \$6 for one-half hour.

Homeowner assistance in completing forms. Monday and Thursday, 1 p.m.

Brunch supper Sunday, July 25, 4:30 p.m. Bring dish and \$5 cents.

Good pressure clinic, 1 to 3:30 p.m., Monday, July 11. Duty screening, foot exams and consultation (no appointment). Wednesday, July 28, at 8:45 a.m. Free.

Transportation

At least one day in advance for reservations for shopping trips. Wednesday mornings: El Cerrito, Friday mornings: Solano Avenue. Requested \$10, \$5 cents per round trip. Albany residents

taxi scrip available to Albany residents. Persons with disabilities may purchase special transportation vouchers.

### Classes/Groups

Monday: group walking, 10 to 11 a.m. Tuesday: folk & square dancing basics, all levels 1 and 2.

Wednesday: Arthritis self-management, 10 a.m.

**Bold school idea: plan for year 2000**

Then Eddie Harrison, president of the Richmond Unified School Board, talks about long-range planning, she means it.

Harrison wants an official look toward the second millennium: What faces infants born this year, who will be in the year 2000?

She proposes a task force to study education in the year 2000 so that those students who will begin with us in 1982 will be able to graduate prepared for the world they inherit.

During a recent school board workshop, Harrison's plan grew out of her campaign when she was asked by the fact that babies born in 1982 would leave the board at the beginning of the next century.

"I'm not assuming we will throw out too much," she said. "But I want to see what will change."

The task force, she said, should include a large group of representatives from the elementary and secondary education and teaching staff, the Council of Richmond Industries, Chamber of Commerce, Employment Development Department, Contra Costa College, the care industry, UC-Berkeley, the religious community, District Advisory Committee, the Center for Development, and the school board.

Harrison said she would like to chair the committee. She expects to spend two years on its deliberations. Board members and observers at the meeting suggested representatives from the National Association for the Advancement of Colored People and local and federal officials.

The task force would determine the types of skills needed in the year 2000, outline changes in curriculum, a work plan (which may be used as a model by districts), and create a series of recommendations to go back to the board by September, 1985.

"If we do a good job," Harrison said, "other communities may want to look at this too."

She also told the board that she would like to see the board itself offer itself as a guinea pig for research purposes.

"I would like us to be the district who decides once and for all the issue of class size," Harrison said. "In a small size it would be simple to do the comparative analysis necessary."

There are 80,000 studies out there, each with its conclusion."

The study would concentrate on elementary classes, and might bring in grant money from the state or federal government.

"It could be a tool to wrap around Sacramento's," she said, "and it would lower class size for all."

She said Richmond Unified would provide a good analysis because it includes such a variety of economic and ethnic factors.

"I will come up with a proposal," Harrison said.

## Albany day camp registration open

ALBANY — Day Camps at Memorial and Terrace Parks continue for two more three-week sessions, 9 a.m. - 12 p.m., Monday through Friday.

The sessions will run Aug. 2 to 20 and Aug. 23 to 30.

Memorial Park program will be for ages 5 through 12 years of age and Terrace Park will be for ages 5 through 10 years of age.

The programs will include sports, cooking, arts and crafts, nature study, puppetry, swimming, beach exploring, field trips, group singing, cookouts and hikes.

Children should bring their own bag lunch except on vacation days. Three-week sessions are \$75 for Albany residents and \$65 for non-residents.

Registration is now being taken at the Albany Park & Recreation Dept., 1000 San Pablo Ave., or call 644-8514 for further information.

**Panthers find seniors homes**

Albany and Berkeley Gray Panthers co-sponsor "Project Share," at 3102 Telegraph Ave., Berkeley, a free service that matches home-providers with home-seekers.

Home-owners can consult project staff on the possibility of sharing their home. For more information, call

Thursday: group walking, 10-11 a.m. Friday: chess group, 10 a.m.; community service, 10 a.m.

### Social Security

Field representative at the center the first and third Friday of the month at 3 p.m. to answer questions about Social Security, SSI and Medicare.

### Continuing Events

Barber service, Thursday, 9 a.m. to noon. Donation requested.

Bingo, Thursday and Saturday, 10:30 a.m.: Singalong, Thursday, 11:30 a.m.; Bridge, Friday, 12:15 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.

Senior prom ballroom dance, Saturdays from 7:30 to 11 p.m. Donation, \$2.00 (includes refreshments).

### Meals on Wheels

Home delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available.

To order, please call the center at 644-8500 one week in advance. Coordinator Velma Grasso will make all arrangements.

### Bus Tours

Trips are sponsored by Albany Park and Recreation Dept. Make reservations with Myriam Heath, Tuesday at 1 p.m., and Thursday at 10 a.m. at center. July 28, train ride, Santa Cruz to Roaring Camp, \$26 per person. Aug. 11, South Bay tour, Sunset Magazine and NASA, \$10.50. Aug. 23, Lake Tahoe cruise, \$26.50. Sept. 14-25, World's Fair 1982, \$1.265 per person double or twin occupancy, \$1.500 per person single occupancy. All trips depart Memorial Park.

### Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation is \$1 plus 50 cents for seniors, \$3.50 for persons under age 60. Monthly menus are available.

### St. John's Center

Located at 6500 Stockton Ave., behind the library; 526-0124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon.

### EL CERRITO

#### Open House

Monday: Exercise, 9 a.m.; our changing earth, California earthquake country, 9:30 a.m.; Tai Chi, 10 a.m.; bridge, 1 p.m.; basic painting and drawing, 1 p.m.; fun (second Monday of every month), 6-9 p.m.

Tuesday: fitness, 9:30 and 10:15 a.m.; creative dance, 1 p.m.

Wednesday: piano musicianship, 9 a.m.; mild exercise, 9:30 a.m.; our changing earth, 9:30 a.m.; needlework, 10:30 a.m.; knitting, 12:30 p.m.; whist, 1 p.m.

Thursday: fitness, 9:30 and 10:15 a.m.; information & referral, 10 a.m. (first and third Thursdays)

Friday: fitness, 9:30 a.m.; barber, 9 to noon; bingo, 1 p.m.; birthday surprise, fourth Friday, 12:30 p.m.

### Special Events

Public health nurse, July 28, noon.

### Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Ave. at Stockton.

Craft classes (pressed flower stationery, macrame, jewelry, weaving) are taught in the morning. \$50 lunch at noon. Afternoon program of information, speakers, community singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

### St. John's Center

For El Cerrito residents 60 or over. Meets in the Catacombs Building, 6510 Gladys St., Tuesdays from 9 a.m.-2 p.m. Phone Tuesday only, 234-2797 or center director N. Gans at 529-1114.

The Center is part of the Richmond Unified School Adult Education program, and trained volunteers offer morning classes in ceramics, jewelry, tin and glass, macrame, knitting and crocheting, watercolor painting, weaving, cards and table decorations.

## Community Center

Monday, 6-9 p.m. at El Cerrito Community Center, 7007 Moeser Lane. Program: first week, business and bingo; second week, cards and games; third week, potluck; fourth week, cards and games. If there is a fifth week, special programs.

For information call 525-6747.

### Senior Citizens Club

Meets Thursday, 5-9 p.m. at St. John's Catacombs Hall, Gladys and Lexington Streets.

First Thursday of the month: business and cards; second, bingo; third, birthday observances; fourth, potluck and cards; fifth, special programs. For information: 526-7642.

### Sakura-Kai Center

For Japanese-speaking senior citizens, first and third Saturdays, 1-3 p.m. at 6510 Stockton St. Arts, crafts, exercises, ceramics, "Shigin" (poetry singing) and Social Security available. For information: William Waki, 525-7086.

### KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. at 52 Arlington Ave. Morning meditation. Workshops in crafts, table games and bridge. Special programs after lunch: singing, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item or pay \$1.50. For the rest of the month, lunch of sandwich, cake and coffee is \$7.50.

### EAST BAY

#### North Berkeley Center

1901 Hearst St., Berkeley, 644-6107. Open weekdays, 8 a.m. to 4:30 p.m.; gift shop opens at 10.

Classes in sewing, arthritis exercise, walking, singing, foreign languages, math, chess, senior theater, dancing and current events.

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minimum of \$1,500 or an average of \$3,000 during any month, you'll be charged the same service and handling fees as Plan B.)

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Albany Washington and San Pablo. El Sobrante 3884 San Pablo Dam Road. Pinole 795 Fernandez. El Cerrito Fairmont and San Pablo. 250 El Cerrito Plaza.

\*Qualification for Plan B applies to individuals only. No sole proprietorships or non-profit organizations. \*\*Compounded daily, paid monthly.

# Churches

## ALBANY

### First Baptist Church of Albany

Worship service on Sunday begins at 11 a.m. with the Rev. Alan Newlove bringing the message. Sunday school classes begin at 9:30 a.m.

On Wednesday, July 21 at 7:30 p.m., the Bible study group will meet at 806 San Carlos Ave., Albany. The study is on the Book of Revelation. Thursday at 10 a.m. there will be a prayer meeting in the sanctuary of the church.

On Friday at 7:30 p.m., a men's group will meet at 1230 Cornell Ave., Berkeley. Saturday at 9 a.m., the Men's Fellowship will meet at the Copper Penny in El Cerrito. On Monday at 7:30, the Young Married Couples Fellowship meets at 832 Lexington Blvd., El Cerrito.

On Wednesday mornings at 9:30, a children's play group meets in the nursery of the church.

The church is located at 1319 Solano Ave., Albany. Phone 526-6632.

## EL CERRITO

### Bay Area Seventh Day Baptist Church

The church and its pastor, the Rev. Stephan Saunders, invite the public to attend services every Saturday in the chapel of the Methodist church at 6830 Stockton Ave., El Cerrito. Service, 10:30 a.m.; Sabbath school, 11:40.

A potluck lunch is held every Sabbath immediately following Sabbath school. All are invited to bring a dish to pass.

The home Bible study group meets every Thursday at 7:30 p.m. in a convenient location in El Cerrito at a member's home. The public is invited. For more information, call 527-2055.

## Grace Lutheran Church

On Sunday, July 25, at 9:30 a.m., the Rev. O.R. Janke, pastor emeritus, will speak on "It's Worth Everything to You," based on Matthew 13:44-46. Holy Communion will be administered. Sunday school and Bible class follow at 10:30 a.m.

On Friday, July 23 at 6:30 p.m., the friendship potluck will be held in the Parish Hall.

From Monday, July 26, through Friday, July 30, 9:30 a.m. to 11:30 a.m., the summer vacation Bible school will be held in the Parish Hall. The program is planned for

children three years old through the fifth grade and includes Bible study, crafts, singing and fellowship. A free-will offering will be received on Friday, July 30. All children of the community are invited to attend. For more information on this and other activities, call the church.

The church is located at Santa Fe and Ward in El Cerrito; 525-9004 or 525-1078.

## KENSINGTON

### Arlington Community Church

Guest speaker Larry Etter will lead the service for July 25. He will speak on "How Simple a Story..." Readings will be from Amos 7:12-17 and Mark 6:7-13. Etter is a Pacific School of Religion student and will be doing volunteer work at the church. Liturgist will be Jim Cleaves. Roy Routsong will sing a bass solo.

Sunday school classes will meet with Helen Winters for an enrichment program on miming. A meditation and healing service will be held at 6 p.m. in the chapel.

Wednesday worship begins at 6:15 p.m. with a potluck supper, followed by a service at 6:45 p.m. A potluck supper and bridge gathering will be held at the church on Friday.

The church is located at 52 Arlington Ave., Kensington. Call 526-9146.

## First Unitarian Church of Berkeley

An active singles group meets at the church every Sunday at 7:30 p.m. Each Tuesday at 6:30 p.m. there is a family potluck followed by activities for all ages.

The church is located at 1 Lawson Road, Berkeley. Phone 525-0302.

## THOUSAND OAKS

### Ephworth United Methodist Church

At the 10 a.m. service on Sunday, July 25, the third in a three part series on Christian education will be given by the associate pastor, David Bunje. A special children's message will be given, followed by an invitation for ages 3-5 and 6-12 to participate in a craft-story time. Baby care and toddler care for ages 1 1/2 to 3 years is provided.

Immediately following the service is a coffee time.

The youth-adult education classes are from 11:20 a.m. to noon. The theme is "Roots and Hopes of Ethnic Persons." This week's class will focus on Filipino-Americans and will be led by Vangie Elkins, educational coordinator for the

## Consumers Cooperative of Berkeley

A special children's weekend activity will involve a trip to the Berkeley Botanical Gardens from noon to 2 p.m., led by Diane Smith. All children are invited to join the group and bring a sack lunch.

The children's and adult choir practices Thursdays at the church at 7:30 p.m. Seven different children's play groups meet weekdays at the church with a range of groups for ages 12 mos. to 3 1/2 years old. Interested persons should call 527-4013 for information on playgroups, and 524-2921 for other activities.

The young adults of the church meet on alternate Monday evenings for social events, discussion and service. The next meeting is planned for Aug. 2. A summer fun retreat is also scheduled. For information call Dave Bunje at 546-6929.

The church is located in the Thousand Oaks neighborhood of north Berkeley at 1953 Hopkins St. Phone 524-2921.

## Northbrae Community Church

On Sunday, July 25 at 11 a.m., the Rev. David Suggarbaker will speak. The service will also feature solo selections by Lark Schumacher, alto.

Summer church school for children ages three through eight will begin each Sunday at 11 a.m. on the second floor of Haver Hall. The theme for the summer is "Living in God's Love: The Rainbow Connection." Nursery facilities are available on Sundays from 11 to 12:15, also in Haver Hall.

During July, the Ted Cleveland Gallery on the second floor of Haver Hall will feature a display of project drawings and hand-made furniture by Mike Seuferer, a Berkeley designer and contractor. The exhibit is open to the public on Sunday mornings.

Northbrae is a co-sponsor of Children's Week, a summer church school to be held the week of August 2-6, from 9 a.m. to noon at the School of the Madeleine in north Berkeley. Children age 4 years through sixth grade are welcome. The fee is nominal. For information, call 526-4811.

The church is located at 941 The Alameda, in the Thousand Oaks district of north Berkeley.

## Thousand Oaks Baptist Church

On Sunday, July 25 at the 10:30 a.m. worship service, the Rev. Eugene Paden will speak on "Why Are We So

Ready to Discredit the Prophets of 6:16-29. The Rev. David Chen will speak to the congregation.

Church school classes for all ages are conducted in both English and Chinese and are conducted in both English and Chinese.

On Wednesday at 6:15 p.m. a family luck supper will be held. Bible study and darin will be held at 7 p.m. The choir will sing until September.

On Saturday from 7:30 to 9 p.m. interested are invited to come to the church of fellowship and exercise, volleyball, minton.

The church is located at the corner of north of Solano Avenue.

## EAST BAY

### Chinese Rhineish Church

This bilingual (Cantonese and English) church welcomes the public to worship on Sunday a.m., with Sunday school classes for all ages. The pastor is the Rev. Luke Hoy-San.

The following weekly classes are Bible study, Wednesday, 8 p.m.; Chinese language school, Saturday, 9 a.m.; family and individual counseling, 7 p.m.; Call Dr. Luke at 232-0579 or 232-1072.

The church is located at 4709 N. Richmond. Phone 232-1072.

## North Congregational Church

The Christian growth fellowship mornings at 9:30 in the Babcock Room.

The gymnasium is open to high school young people on Saturday evenings at 7 p.m. meals are served during the evening, no tickets required.

The Lunch Bunch is a group of people who meet each Sunday after services for fellowship at one of the local restaurants; any older people come to this Dutch treat lunch.

The church is located at the corner of Walnut in North Berkeley. Phone 848-5400 (evenings).

## Rodeo Full Gospel Church

Interdenominational evangelical service each Tuesday and Thursday at 7:30 p.m., 11 a.m. and 6 p.m. with Houston Marion "The Singers for Jesus."

The church is located at 715 San Pablo Ave. Phone 235-9374 or 657-7705.

## Briefs

### Shriek alarms in personal safety

People receiving meals under the meal program in Contra Costa County are given free under the program run by Friends of the Wheel.

The police whistles or shriek alarms in the community crime prevention program STOP-Shriek Alarms for Safety, now in effect according to Isabelle Bettens of Albany, the coordinator.

More than 10,000 whistles and 6,000 alarms are now carried by women, the elderly and the disabled in the U.S., she said.

She cited the case of an obscene caller who grabbed a police whistle that was around her neck and blew it piercingly into the pliers never called again.

In another case, an elderly Fort Bragg woman saved her life because she wore a shriek alarm. When she fell one night, she blew it and it was heard by a neighbor who brought an ambulance.

Shriek alarms and whistles may be purchased at the Chamber of Commerce, 1000 Main Ave.; Alta Bates Hospital Gift Shop, 3000 Herrick Hospital Gift Shop, 2001 Dwight Way; they are at Albany Senior Center, 846 Main; Alene's Beautu Salon, 1211 Solano Ave.

Shriek alarms (\$3.50) and whistles (\$2.50) are available by mail from Bettens at 605 Carmel Ave., 94706.

### Summer registration planned for schools

ALBANY — Parents new to Albany will be entering grades kindergarten through eighth their children during the summer.

Registration will be held Wednesday, Aug. 3, at the Albany Children's Center in Union Park from 9 a.m. to 5:30 p.m. Summer registration is for students who have moved to Albany or who have not previously attended.

Children must be five years old by Sept. 1 to enter kindergarten and six years of age by Sept. 1 to enter first grade. Parents should bring a birth certificate, passport, etc., for registration.

California law requires all students to be registered for school. Albany to show proof of immunization pertain to all grade levels, kindergarten through eighth grade.

Parents should be prepared to fill out forms which require a record of vaccinations, including childhood diseases. Polio, measles, rubella, German measles, D.P.T., and mumps. Each student are required to be registered by Calif. State Education Dept. The date must be presented.

A physical examination is recommended for kindergarten pupils and required of all students.

### Grace Lutheran vacation Bible school

EL CERRITO — Vacation Bible School will be held the last full week of July, July 26 through Friday, July 30.

Classes will meet from 9:30 a.m. to 12 p.m. at Parish Hall. It is designed for children ages 4 through the fifth grade.

The program features Bible study, crafts, fellowship. A free-will offering will be received July 30.

For more information, please call 525-9004 mornings, or 525-1078 afternoons. The church is located at Santa Fe and Ward.

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# RUSD must cut food sales to four per year

By BARBARA ERICKSON

Under the threat of losing \$2 million in subsidies, the Richmond Unified School District has adopted new rules that puts a crimp on food sales, traditional sources of support for anything from play equipment to food clubs. The policy, adopted unanimously by the board recently, allows only four food sales a year in elementary schools and sets other requirements to bring the district into compliance with government regulations.

Several members of the audience groaned at hearing the new policy and objected to the restrictions placed on their traditional "hot dog days" and other fund-raising sales.

"We ask you please to take your resolution else-

where," said Bea Roberson, a Tara Hills parent.

Kate Burkhardt, an El Cerrito High parent, asked, "Is this the end of hot dog day?" Another parent said, "I hate to take this news back to my PTA."

But board president Eddis Harrison said the district could lose its subsidy if it does not comply, and deputy superintendent Sam Teese said Richmond Unified was warned by the state Department of Edu-

cation that the food sales were competing with the subsidized lunch program.

The warning was the result of a routine audit of the food service program, he said.

The federal government is supplying \$1.9 million for the child nutrition program next year, and the state is supplying \$152,965.

The new policy requires that food sold for school organizations at elementary schools must be nutritious

"as defined in Federal regulations," that sales take place after the last lunch period, that no food be prepared at the school, and that the food is not sold in the lunch program that day.

The policy limits elementary schools to four organization sales a year and one food item at each sale.

At the high schools the policy allows only one student organization a day to

conduct a food sale, and limits the sale to three types of food at each sale. No food can be prepared on the campus, and the food for sale cannot be the same as food sold in the cafeteria that day.

Half of the secondary

school food sold must be on the list of nutritious food as defined in the Education Code.

Food not on the list can be sold only after the end of the last lunch period.

reluctantly moved approval of the policy.

And board member Katherine Lord said she objected to the regulation forbidding food preparation at the schools. This would end popcorn sales, she said. But Teese held firm, saying the health code forbids preparation at school sites.

"Whoever drafted the regulations did not include popcorn," he said.

Teese said later that the new policy will place limits on school organizations such as the highly-regarded forensics class at Kennedy High.

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CAT: Orange tabby, long hair, Vt. Tara Hills Sp. Reward. 231-3465 days; 724-4014 aft. 6.

CAT: 6 mo old male, white w/black tail, Vic Amador, Rich. 237-1927 after 3 p.m.

LOST: Cat, 7-10. Male. Fluffy orange tiger w/white tail tip, Hearst & Sacramento. Reward. \$48-7445 evens.

NORWEGIAN ELK HOUND (small husky type, German Shepherd markings) 5 mo male puppy. Boarding school area, Rich. 7/16. Reward. 234-1092.

**FOUND** 011

PRESCRIPTION Glasses, Vic. Marin/Alameda, Berk. \$24-0537.

FOUND Bensenville male dog, owner or good home only. 232-4076, 939-2858.

SIAMESE Cat, rhinestone collar, SF ID tag. Pinole area. 724-0383.

RABBIT, College & Claremont, Berk. 7/13. 525-7937.

TEENS dress jacket, size 13-14. On Murdock St. Rich. 7/16. 235-3619.

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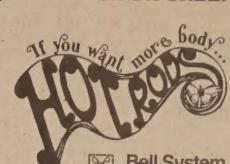
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7 yrs. exp. 525-4516

Lic. anytime

LOW FEES

CONFIDENTIAL

222-5290

## PERSONAL

PLANNED

PARENTHOOD

HILLTOP CENTER

BIRTH CONTROL

WOMEN'S HEALTH CARE

PREGNANCY TESTING

&amp; OTHER SERVICES

24-HOUR SERVICE

529-1860; 524-9719, after 5 p.m.

## PLUMBING

## PLUMBING

## PLUMBING

PLUMBING &amp; HEATING REPAIR SERVICE • WALL &amp; FLOOR FURNACES

Specialists in RADIANT - STEAM - GAS HEATING CONTROLS &amp; THERMOSTATS

WATER HEATERS - GARBAGE DISPOSALS

ESTIMATES NEW CONSTR. &amp; REMODELING

SEWER

ROOTER

SERVICE

232-0128 529-1924

STATE CONTRS LICENSE No. 292420

T &amp; B PLUMBING INC.

(Formerly TIMMINS &amp; BURK PLUMBING)

Tried &amp; True Since '32

422 CARLSON BLVD. RICHMOND

## SURPLUS GOODS

## SURPLUS GOODS

## SURPLUS GOODS

West County Montessori School

Enrolling now for Summer &amp; Fall Openings

★ Toddler Classes Ages 18 mos.-2 1/2 yrs.

★ Elementary Classes Ages 6-9 years

★ Preschool-Kindergarten Classes 2 1/2-6 yrs.

Open House June 1 7:30 p.m.

716 Appian Way

El Sobrante

527-1791-222-5045

SAN PABLO AVE. • ALBANY, CA 94706

525-0861

Albany, CA 94706

## SCHOOLS

BRIGHT STAR MONTESSORI SCHOOL

6228 Arlington Blvd.

Richmond, California 94805

BRIGHT STAR MONTESSORI PRE-SCHOOL OF RICHMOND

ANNOUNCES THE OPENING OF OUR

ALBANY LOCATION IN SEPT. 1982

FULL DAY—HALF DAY PROGRAMS

ASSOCIATION MONTESSORI INTERNATIONALE (AMI) ACCREDITATION

233-5330

## SEWER SERVICE

ELECTRIC SNAKE

DRAINS OPENED,

PLUMBING REPAIRS,

WATER HEATERS

\$28.95

24-HOUR SERVICE

529-1860; 524-9719, after 5 p.m.

## TOPSOIL

## TOPSOIL

## TOPSOIL

SCREENED &amp; SOIL MIX

FILL DIRT AND SAND

Yard on San Pablo Dam Rd.-El Sobrante

• Decorative Rocks

• Moss Rocks

• Bar Chips

• Call anytime Mon.-Sat.

• Free Estimates

• We Deliver

223-1375

C. A. MATTINGLY

## WHOLESALE FOODS

## WHOLESALE FOODS

SAVE \$\$\$ ON YOUR FOOD COST!

Wholesale distributor starts selling directly to the public.

Save money by eliminating retailer profit.

The Discerning

Mouse

Organic San Chico San

Ricecakes

Retail 95¢

Our Price 64¢

16-oz. Westbrae

Country Peanut Butter

Retail \$2.39

Our Price \$1.77

1 Qt.

Monterey Jack Cheese

Retail per lb.

Our Price \$1.82 per lb.

Safflower Oil

Retail \$3.59

Our Price \$2.35

For more information, contact:

THE DISCERNING MOUSE

4250 Hollis Street, Emeryville, California 94608

Or call Don at 658-6920

We accept food stamps.

## TYPESETTING

2-day special service

on flyers and business cards

we now offer thermography:

raised lettering for cards, stationery, etc.

2-day special service

on flyers and business cards

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2-day special service



# New cancer research

## profiles Bay Area victims

Characteristics early - and who is not able to handle this emotionally, the new research shows.

Boyd's study of 360 women confirms earlier scientists' Petrakis-Zippin study of 45 pairs of sisters - one with and one without diagnosed breast cancer - that showed distinct differences in marital and reproductive history. The sister with breast cancer was less frequently married, married later, had fewer children, had them later - and further apart.

Boyd's new research examined the period of adolescence and the timing and completeness of sexual maturation. Thus she discovered that the 180 sisters with breast cancer were girls whose physical development was early. But the study shows further that these girls were slower to engage in sexual activity, indicating clearly that early physical maturation results in late social maturation.

Another difference observed: the girls who got breast cancer later seemed not to notice, certainly paid less conscious attention to the physical changes in their bodies at pubescence, although they began menstruating earlier than their sisters.

Still another difference appeared in the early lives of the sisters who got breast cancer: They participated in more school activities. And when they grew up they had a higher energy level than their non-attacked sisters. Their children left home later, too.

Important psychological factors affecting the sisters who later became breast cancer patients were the kind of relationships they had with their parents; when the felt comfortable going out on dates, and the kind of dating relationships they had - whether they dated men older or younger, and when they began to have intercourse. The cancer patients experienced menopause later than their sisters, too.

The frequency of breast cancer increases among women over age 40, and among those who are well-educated and well-off.

The new research also shows there is greater risk for you're single and over 50 - and, at a time when more and more women are postponing having babies for career or financial needs reasons - that there's greater risk for those having the first pregnancy when they are over age 30.

Boyd's study shows more risk if the women had excess exposure in adolescence to x-irradiation, and if she had an oophorectomy (removal of uterus, ovaries, tubes) before she was 40.

And finally that there's greater risk of developing breast cancer for the woman who eats a high fat, high protein diet, as well as one low in selenium - that's a mineral occurring naturally in broccoli, cabbage, wheat germ, shrimp and lobster.

All of these factors are involved in the incidence of breast cancer, Boyd's study indicates. "So it's not that you are a high risk for breast cancer just because someone else in your family had it," she explained.

Her advice to women: "Don't look for one cause. Look at all these sociological, psychological and physiological indexes and decide for yourself, am I a low, medium or high risk?"

"Then you can make changes. For instance, if you have difficulty in letting go of the mother role for your children, decide what you want to do to be a productive member of society after menopause. Many women live their lives to please mommy, daddy, then husband and children. What is it that you have always wanted to do? Get your family to help you, just as you've helped them for the last 20 years!"

Boyd stressed that this revealing new research would not have been possible without the help of the 180 women who had developed breast cancers, while their 180 sisters had not. She said many of those who participated are now active in the American Cancer Society, serving as "Reach to Recovery" volunteers visiting other women like themselves - one in every 11 today who faces surgery, radiation, chemotherapy or a combination of these to cure themselves of breast cancer.

## Police beat

### ALBANY

The police department reports the following activity for the week ending July 18:

July 12 • An Albany police officer was injured and his car damaged when he responded to a call for help from Richmond police officers engaged in a high speed chase on I-80 in Albany. Police sergeant J. Megonnigil is being treated for back injuries, and could be absent from his job for a while.

• Two Albany boys had their bicycles stolen from in front of the Albany Bowl. The bikes were locked, and a bolt cutter was used to steal them. A total of four bikes have been stolen from the Albany Bowl in the last two weeks.

July 13 • Four knock-off hub caps were stolen from the parking lot of Williams & Lane Inc. at 1077 Eastshore Highway. According to Albany police, this is a recurring problem along Eastshore Highway.

• Joseph Cunningham was arrested and charged with illegal waste dumping. Bail was set at \$1,500, and Cunningham was taken to court.

• A red moto-cross bicycle valued at \$175 was stolen from a paper boy who left it unattended briefly while delivering papers.

• A saddle brown shoulder purse left unattended was stolen from a front porch on the 700 block of Curtis.

• A resident of the 1,000 block of Talbot was burglarized by two women with young boys. The two women asked to use the phone, and then once inside the house went through the victim's belongings.

July 16 • A resident of Gateview condominiums had a Yashka 35mm camera, loose cash and a metal box containing papers stolen from his apartment sometime from July 2 to July 16. The total value of the stolen goods was \$315.

• A Jensen car stereo valued at \$700 and \$70 in cash was stolen from an unlocked car in the Gateview parking lot.

### EL CERRITO

The police department here reports the following incidents:

July 13 • Michael Scott Burgener was arrested and charged with burglary. Bail was set at \$3,000.

• Johnny Amado Torres was arrested and charged with burglary. Bail was set at \$3,000.

• William Newell King was arrested and charged with driving under the influence of intoxicants.

July 14 • Cecilia Josephine Harris was arrested and charged with petty theft. She was released on her own recognizance.

• Charles Martin McElroy was arrested and charged with driving under the influence of intoxicants. Bail was set at \$365.

• Peter Paul Kovach was arrested and charged with driving under the influence of intoxicants.

## Fiber art show planned

The Richmond Art Center has received a grant from the National Endowment for the Arts for a major exhibition of "Wearable Art" to be held in the spring of 1983.

This exhibition will focus on current developments in art which are created for personal adornment. Emphasis will be on the personal statement of the creator/designer/artist.

Local fiber artist JoAnn Stabb will serve as guest curator.

July 14 • Cecilia Josephine Harris was arrested and charged with petty theft. She was released on her own recognizance.

• Charles Martin McElroy was arrested and charged with driving under the influence of intoxicants. Bail was set at \$365.

• Peter Paul Kovach was arrested and charged with driving under the influence of intoxicants.

**PUBLIC NOTICE**  
LEGAL NOTICE A-91227  
NOTICE OF TRUSTEE'S SALE  
Lois N. HYUN  
T.S. No. 40252-1-2  
T.D. SERVICE COMPANY, a California corporation, as duly appointed trustee under the following described deed of trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale) the property (or part thereof) described in the following deed of trust, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property, hereinabove described.

TRUSTOR: HARRY Y. HYUN and ELLEN HYUN, his wife, BENEFICIARY: CENTRAL BANK, CUSTODIAN FOR THE COUNTY OF ALAMEDA TRUST DEED NOTES, dated February 10, 1981 as instr. No. 81 17012 in book 1018 page 449 of Official Records in the office of the Recorder of Contra Costa County; said deed of trust describes the following property:

Lots 8, 9 and 10 in Block 7, as designated on the map entitled "Map of the Seal View Tract, Contra Costa, California", which map was filed in the office of the Recorder of the County of Contra Costa, State of California on September 15, 1913 in Volume 11 of Maps, at page 246.

7131 CUTTING BOULEVARD  
EL CERRITO, CALIFORNIA  
YOU ARE IN DEFAULT UNDER  
A DEED OF TRUST DATED JANUARY 22, 1981 UNLESS YOU  
TAKE ACTION TO PROTECT  
YOUR PROPERTY, IT MAY BE  
SOLD AT A PUBLIC SALE. IF  
YOU NEED AN EXPLANATION  
OF THE NATURE OF THE PRO-  
CEEDING AGAINST YOU, YOU  
SHOULD CONTACT A LAWYER.

(If a street address or common designation shown above, no warranty is given as to its completeness or accuracy. The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby, heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written notice of breach and of election to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of breach and of election to be Recorded April 1, 1982 as instr. No. 82 36193 in book 1072 page 946, of said Official Records.

Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or rights of occupancy, to pay the remaining principal amount of the note(s) secured by said Deed of Trust, with interest as in said note provided, advances, if any, under the terms of said Deed of Trust, and the costs and expenses of the Trustee and of the trusts created by said Deed of Trust.

Said sale will be held on THURSDAY, AUGUST 5, 1982, at 11:00 a.m., at the office of T. D. Service Company, 1990 N. California Blvd., Suite 716, Walnut Creek, California.

At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described deed of trust and estimated costs, expenses, and advances is \$126,328.13. To determine the amount, call 415-945-6418.

1. One-story detached accessory buildings used as tool and storage sheds, playhouses and similar uses, provided the projected roof area does not exceed 120 square feet.

2. Fences not over three (3) feet high.

3. Derricks.

6. Water tanks supported directly upon grade if the capacity does not exceed 5000 gallons and the ratio of height to diameter or width does not exceed two to one.

10. Window awnings supported by an exterior wall of Group R, Division 3, and Group M Occupancies when projecting not more than 54 inches.

11. Prefabricated swimming pools accessory to a Group R, Division 3 Occupancy in which the pools are entirely above the adjacent grade and if the capacity does not exceed 5000 gallons.

Section 2. Effective Date. This ordinance shall take effect and be in full force thirty (30) days after the final passage thereof.

PASSED AND ADOPTED BY the City Council of the City of El Cerrito at a regular meeting thereof held on the 6th day of July, 1982, by the following vote:

AYES: COUNCIL-MEMBERS: Sir, Spellman, Allen NOES: COUNCIL-MEMBERS: Abelson, Collins ABSENT: COUNCIL-MEMBERS: None J-1773-July 21, 1982

LEGAL NOTICE A-91224  
STATEMENT OF WITHDRAWAL  
FROM PARTNERSHIP  
OPERATING UNDER  
FICTITIOUS BUSINESS NAME  
FILE NO. 008221

The following person has withdrawn from the partnership operating under the business name of:

MS. McPHYSY  
1486 Solano Ave.  
Albany, CA 94706

The fictitious business name referred to above was filed in County on July 30, 1973.

GAIL MANWELL REED  
1239 Carlotta Ave.  
Berkeley, CA 94707

Signed: GAIL M. REED  
This statement was filed with the County Clerk of Alameda County on July 7, 1982.

CERTIFICATION

I hereby certify that the foregoing is a correct copy of the original in my office.

R.C. DAVIDSON  
County Clerk  
By: A. NALLY  
Deputy

3491A-July 14, 21, 28; August 4, 1982.

LEGAL NOTICE A-91221  
FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 58175

The following persons are doing business as:

Ms. McPhyz  
1486 Solano Ave.  
Albany, CA 94706

MARGARET C. BISSON  
4 Indian Rock Path  
Berkeley, CA 94707

PATRICIA A. MENDEL  
1021 Sierra St.  
Berkeley, CA 94707

This business is conducted by a general partnership.

Signed: M. CARROLL REED

This statement was filed with the County Clerk of Alameda County on July 7, 1982.

CERTIFICATION

I hereby certify that the foregoing is a correct copy of the original in my office.

RENE C. DAVIDSON  
County Clerk  
Alameda County  
By: ANN NALLY  
Deputy

3492A-July 14, 21, 28; August 4, 1982.

LEGAL NOTICE A-91222  
FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. 58176

The following persons are doing business as:

Mr. McPhyz  
1486 Solano Ave.  
Albany, CA 94706

ICE, 7 x 4 ft. suitable  
storage. Util. per NE  
\$100 per month. Call  
327-2346.

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327-2346.

# Introducing Deluxe Ultra Lights

Only 6 mg yet rich enough to be called deluxe.  
Regular and Menthol.  
Open a box today.

# BENSON & HEDGE

Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

6 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.